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Nike 5" Phenom 2 In 1 Short - QR: 109774 - £43
Nike Air Zoom Pegasus 32 - QR: 101518 - £90

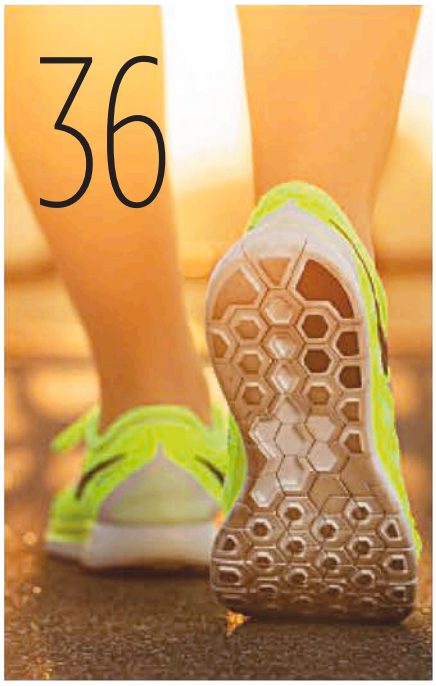
02. Nike Women's Racing Tank - QR: 109813 - £33
Nike Women's Race Woven Short - QR: 109815 - £50
Nike Women's Air Zoom Pegasus 32 - QR: 101552 - £90



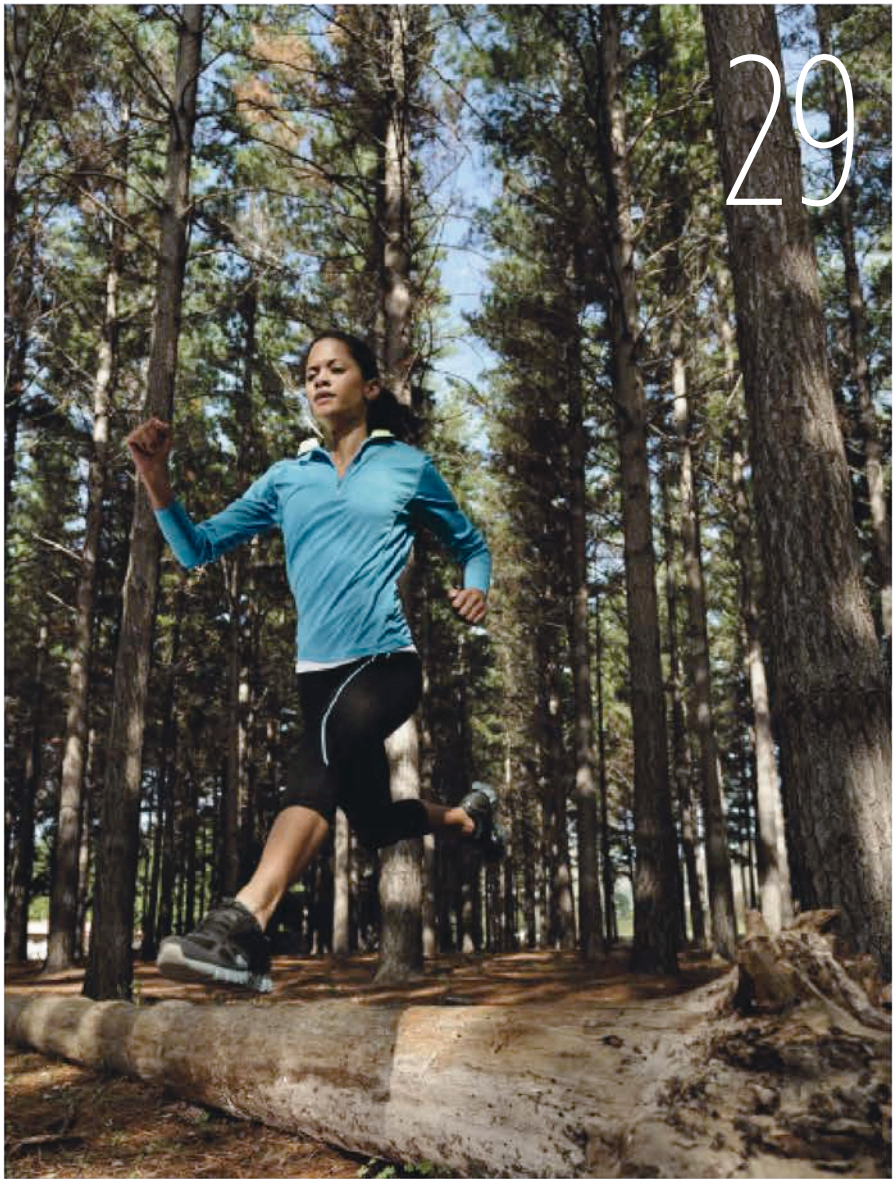
03. Nike Dri-Fit Contour Shortsleeve - QR: 109801 - £30
Nike 2" Racing Short - QR: 92063 - £33
Nike Air Zoom Elite 8 - QR: 109714 - £100

04. Nike Women's Dri-Fit Cool Breeze Strappy Tank - QR: 109829 - £25
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Nike Women's Free 5.0 - QR: 101537 - £100

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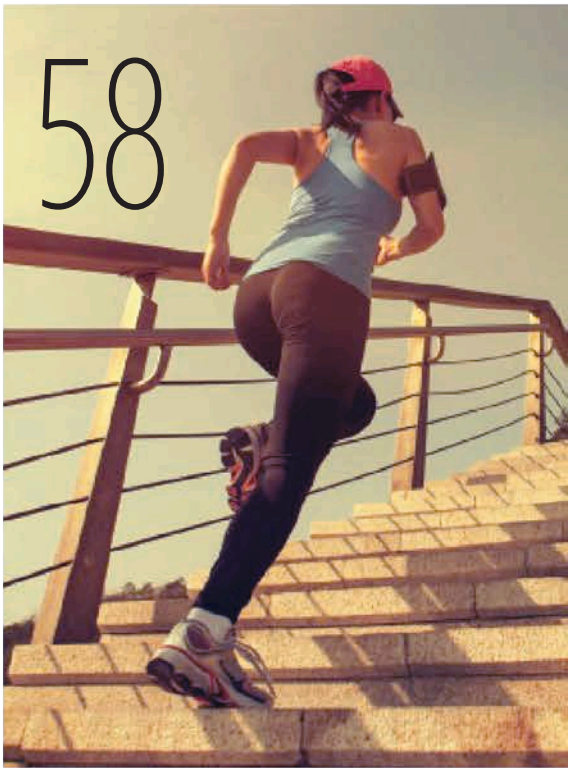






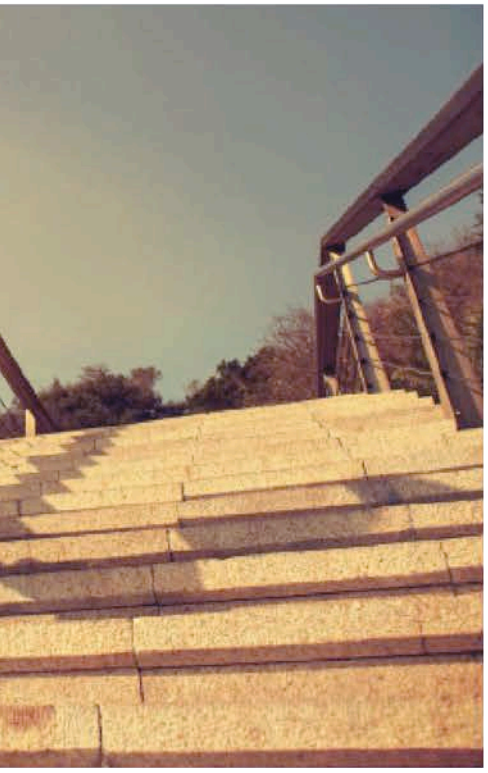












Running Fitness CONTENTS

AUGUST 2015 ISSUE 187

ON THE COVER

29 HIT THE TRAILS
Our guide to preparing you for getting out into the countryside.

34 HONEY IS OUR SUPERHERO
Discover the benefits of this sweet supplement.

36 STEP IT DOWN
Taking a walk-break could be a benefit.

39 ARE YOU PREPARED?
Running schedules and how they work.

40 SUN SAFETY
Learn how to look after your skin.

48 CURBED BY CRAMPS?
Our experts answer your running quandaries.

54 BEAT THE HEAT
Simple steps to stay cool, calm and collected.

54 KEEPING HYDRATED
How to avoid dehydration this season.

56/69 BEST BUYS
The latest and greatest summer kit.

58 COMFORT ZONE
Pushing yourself to be a better runner.

62 KIE WILLIS
This professional freerunner chats to *RF*.

COLUMNS

20 RUNNING INJURY SPECIALIST
Add in some weekly weights sessions.

23 LAZY GIRL RUNNING
Sometimes it's your supporters who get you round the course..

24 TECHNOLOGY CORNER
The rise of the smartwatch.

25 A MILE EACH DAY
Focus on what you can grow to do, not what you haven't achieved.

27 REACH NEW HEIGHTS
Get a better body for adventure running.



43 CARIBBEAN MARATHONS
Our round-up of the five best.

53 BEHIND THE SCIENCE
Need-to-know stress fracture facts.

66 BEHIND THE BRAND
We get the inside info on Saucony.

71 BECOME SUPERHUMAN
Advice for ultra-runners.

98 FINAL THOUGHTS
Being accountable for your own actions.

REGULARS

14 POSTBOX
Readers share their thoughts

18 INSPIRING RUNNER....
SInead Kane explains her passion for running.

28 RECIPE OF THE MONTH
Go Faster Rainbow Breakfast Crunch.

48 EXPERT Q&A
Our experts answer your questions.

68 KIT BAG
The best new clothing around...

78 WILD RUNNING
Go wild in the southern Lake District.

82 EVENTS ROUND-UP

92 EVENTS LISTING

FRONT COVER IMAGE COURTESY OF ADIDAS, ADIDAS.CO.UK

WELCOME



Word is, we're heading for our hottest summer in years (which, frankly, wouldn't be that hard) and this brings a smile to most people's faces, but does present us runners with a couple of challenges. I'm not a particularly early riser, but at the height of summer I do find myself slogging round my local parkrun, red faced and overheating, wishing it started at a cooler 8am, not 9am. And it's not just the heat; we're heading for the dreaded racer-back and t-shirt tan lines, too, which no one wants.

Lucky for us then, that this month's *Running Fitness* has got the summer well and truly covered, from five ways to beat the heat on p54 to our guide to **Protecting your skin** on p40. And of course, we've got all our usual best buys for running in the warmer months.

And if the UK's not hot enough for you, check out our round-up of **Caribbean marathons** on p43. I loved the first-hand account of Jamaica's Reggae Marathon - free beer for every finisher, what's not to like?

Armed with all this info, I think I've joined the *RF* team at just the right time for my best summer yet – let's celebrate the sun!

AMY CURTIS, EDITOR

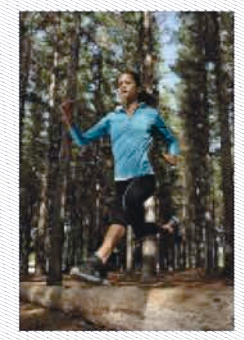
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3 THINGS YOU NEED TO KNOW THIS MONTH...

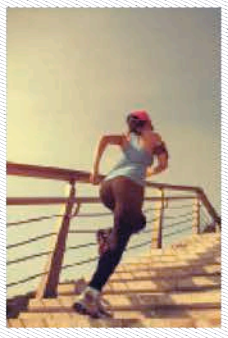
P29 Thinking about hitting the trails for a change?
Our definitive guide to preparing for and running off-road will help make sure you have all the right gear for a great run. Tops tips will keep you safe and injury free for an exhilarating new experience - you'll be instantly hooked!





P34 Naturally sweet, honey has great benefits for runners.
It's not just a sweet treat to spoon on top of your breakfast, find out how honey can boost your immune system, combat inflammation and give you a good boost on a long run. Find out an easy way to make your own honey 'gel's' too.

P58 Stuck in a rut? We talk about the importance of pushing yourself.
It's the last thing you want to do when you're plodding, uninspired around the park, but breaking your comfort zone will help improve your fitness, your performance and your frame of mind. We tell you how to make it happen and why it works.



THIS MONTH'S CONTRIBUTORS



SARAH IVORY: Getting over the guilt of walking on a difficult run could be the best thing you ever do. The secret to building up to better fitness might just lie in the odd rest – but keep the tempo up, or you might not get going again! p36



DR YVETTE BRINDLE: We put our skin at risk every time we go out for a run, even if the day is cloudy. Find out how to protect yourself with cream, kit and hydration, and learn to spot the signs of skin cancer. p40



EVIE SERVENTI: Pushing through your comfort zones will not only help your running form, but you can apply it to different areas of your life, too. Making that extra effort can reap great rewards... p58

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FOR RUNNERS



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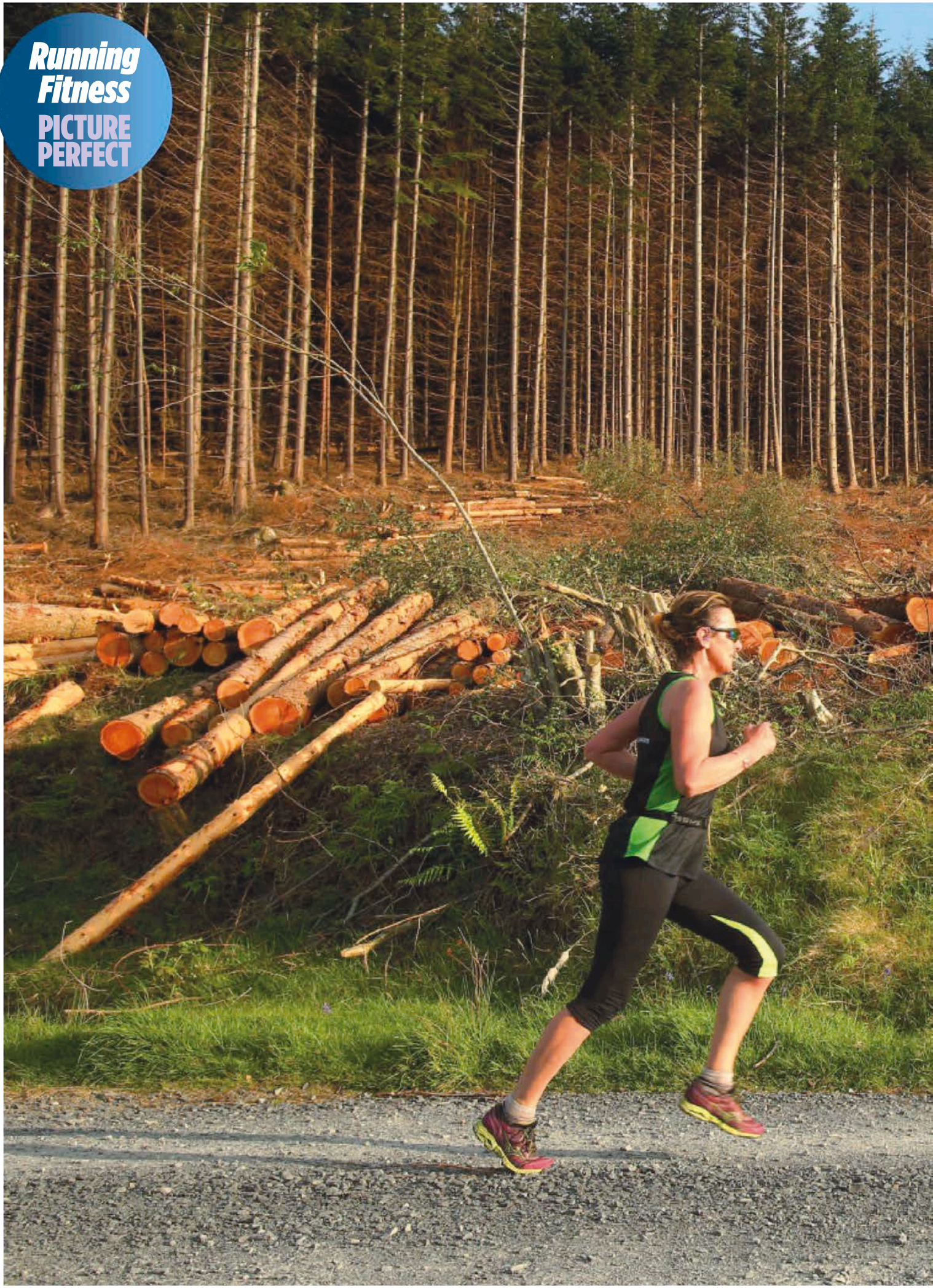


IMAGE SARAH FARQUHAR



SEA2SKY MULTI TERRAIN 10K

This incredible scenery is in County Down, Ireland, and is part of the SEA2SKY 10k, to be held this year on 17 July. It starts and finishes on the award-winning promenade in Newcastle and climbs the foothills of the Mourne Mountains, treating participants to some truly spectacular views.

Organised by BORN2RUN, find more information and enter the race at born2runevents.com or runireland.com.

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THIS MONTH

The peculiarity of Marathon amnesia, **JESSICA ENNIS-HILL** qualifies for RIO 2016, and why **USAIN BOLT** will soon be coming to a cinema near you...



WINDSOR HALF SELL-OUT

Running Fitness is official media partner to this iconic marathon, which is part of the **Windsor Running Festival**. Don't fret yet though – runners can still enter the Running4Women Windsor 10K scheduled for Sat 26 September in Windsor Great Park. Also, runners can still enter the marathon through one of the official charities associated with the Windsor Running Festival, including CLIC Sargent (Platinum Charity Weekend Partner), Cancer Research UK (Gold Charity Weekend Partner) and Help for Heroes (Silver Charity Weekend Partner). Visit the website for full list of charities: runwindsor.com

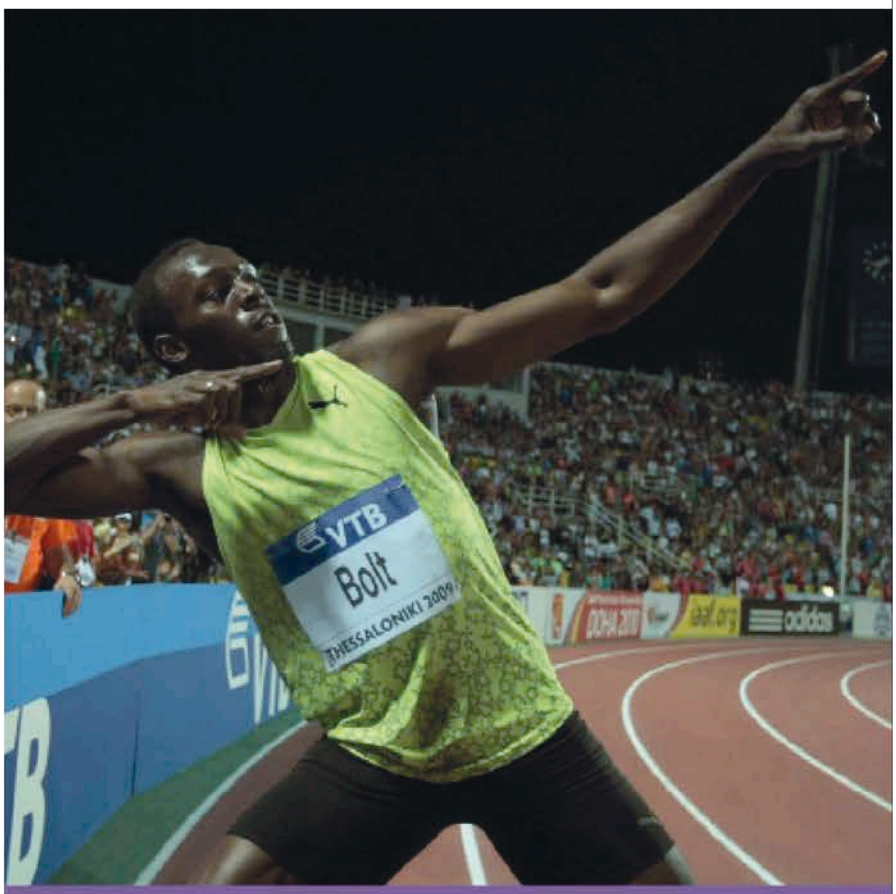
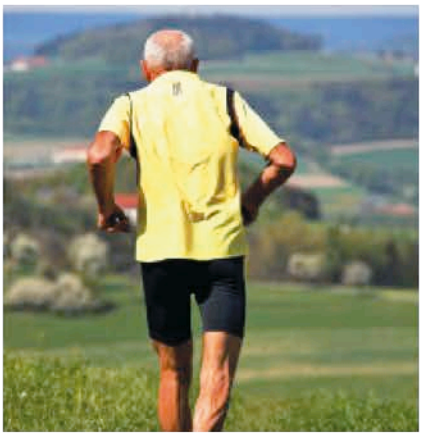


IMAGE VERVERIDIS VASILIS / SHUTTERSTOCK.COM

Bolt heading to Hollywood?

Usain Bolt will star in a feature-length documentary about his preparations and training for the 2016 Olympics and retirement in 2017. Filming started in May to look back on his career, during which he has broken world records in the 100m and 200m events. Directors Gabe and Ben Turner also directed hit documentaries Class of '92 and One Direction: This Is Us.



OLDER, WISER, FITTER?

New research finds exercising for 30 mins, six days a week (regardless of intensity) is linked to a 40% lower risk of death from any cause among elderly men (avg age 73). The study was observational so no conclusions could be made, but differences in risk of death between those who were active and inactive were striking, the researchers suggest, in the *British Journal of Sports Medicine*.



A bad memory pays off for runners!

Memory of the pain of a marathon fades with time, says a researcher who spoke with runners three to six months after their last marathon. Most of the runners underestimated how much pain they'd been in and how unpleasant it was. The study was published in *Memory*.



HEALTH SNACKS SWEETER THAN 'SWEETS'

Expert group Action on Sugar surveyed fruit snack products presumed to be healthy including Fruit Bowl Fruit Flakes Raspberry Rush (25g), Fruit Factory Sports Mix-Ups (5x18g) and Whitworths Sunny Raisin Coated Custard Raisins (25g) only to find that over 85% contain more sugars than sweets such as Haribo Starmix (47g/100g) per 100g – with some containing over 4 tsp per portion.



CALL TO BOSSES TO HELP STAFF GET FIT

A new study conducted by British Heart Foundation National Centre for Physical Activity & Health reports that only 15% of highly educated working adults in England know physical activity guidelines (150 mins moderate to intense exercise per week). A lack of support from employers was identified as a predictor for this lack of knowledge, and it was concluded that employers can play a key role in terms of increasing employee knowledge of exercise guidelines. It is also suggested that they can employ strategies such as rewarding active travel, sponsoring active breaks, encouraging walking meetings or providing environments that support physical activity.



Walk more, live longer

For those of us who have sedentary jobs, walking for just 2 mins per hour (in addition to your usual routine) offsets the risk of dying by 33% according a study published in the *Clinical Journal of the American Society of Nephrology*.

HIGH FAT DIET HAS 5-DAY CUT-OFF

After just five days of eating a high-fat diet, the body's muscle nutrient process changes, potentially leading to long-term weight problems according to a new study published in *Obesity*.



THIS MONTH'S NEWS IN BRIEF

A few of our favourite snippets from the news this month

» JESS QUALIFIES FOR RIO 2016

The 2012 champion Jessica Ennis-Hill has come 4th overall at the Hypo meeting in Götzis, Austria, and scored 6,520pts, 320 more than qualifying standard. The question now is whether the Olympic heptathlete can enjoy 14 months of injury-free training as she travels further along the road to Rio. Watch this space!



» SMOKING BAN CUTS CHILDREN HOSPITAL ADMISSIONS

New research published by the *European Respiratory Journal* has found since the smoking ban 11,000 fewer children are admitted to hospital each year with lung infections. Lead researcher Jasper Bean said: "Although our results cannot definitively establish a cause and effect, the rigorous analysis clearly shows reductions in hospital admissions."

» 92-YR-OLD RUNS SAN DIEGO MARATHON

Harriette Thompson became the oldest woman to finish a marathon with a 7:24:36 clocking at the Suja Rock 'n' Roll marathon in San Diego in May. Last year she set a record for the fastest marathon by a woman 90+ finishing in 7:07:42. She ran her first marathon at 76 and to date has raised more than $90,000 for the Leukemia & Lymphoma Society. What an inspiration!

» STICK WITH IT!

Consistent strength workouts (resistance training) proved to be a valuable performance booster for 5km races, according to researchers from the University of Greenwich in London. Lead author Bettina Karston also suggested that strength training might lower the risk of injury.

POSTBOX

We'd love to hear your views, news and reviews

Running Fitness

SEND YOUR THOUGHTS ON ALL THINGS RUNNING TO: AMY CURTIS, Editor, *Running Fitness* magazine, Kelsey Media, Cudham Tithe Barn, Berry's Hill, Cudham, Kent TN16 3AG
CONTACT BY EMAIL ON: rf.ed@kelsey.co.uk

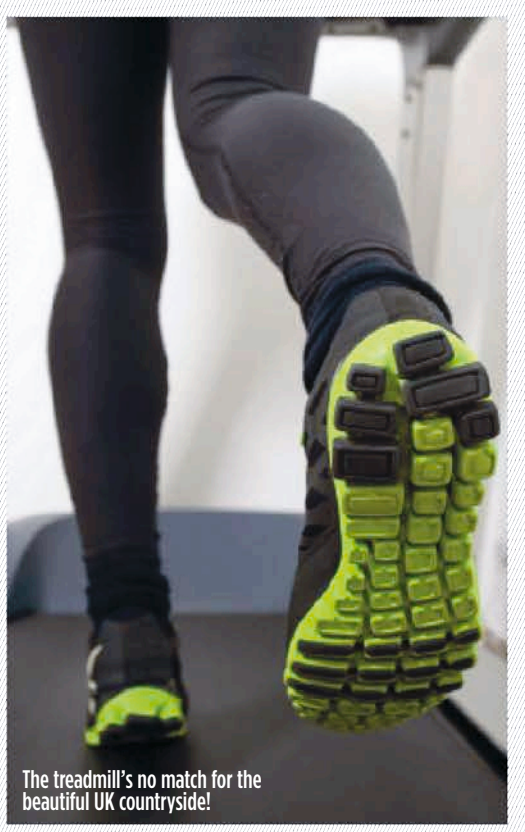
LETTER OF THE MONTH

STAYING INSPIRED

I am writing to you from the West Coast of Africa on board RFA Argus; after reading so many of your amazing articles about the freedom and enjoyment running brings, I feel compelled to write and thank you all for the articles that have given me the push and motivation to carry on running, even though I am missing the fields and hills of my usual trail.

Being on board a ship for 6 months leaves little excitement for your surroundings, and it is only the art of running on a treadmill that leaves me wanting more. I cannot wait to eventually get home and leave the treadmill, with all its mechanics and settings behind, in trade for the beautiful ambience of the countryside. When I take my first run on land after six months, I will keep in mind the motivation and excitement your magazine has given me!

THANK YOU ALL AGAIN,
JENNIFER RUSSELL, VIA AIRMAIL



The treadmill's no match for the beautiful UK countryside!

RF SAYS: We're so impressed with your perseverance, Jennifer - keep up the good work!



OUR LETTER OF THE MONTH WINNER CAN CHOOSE BETWEEN THIS FABULOUS ANITA SPORTS BRA (AMAZON.CO.UK RRP £50) OR TWO SETS OF MEN'S RUNNING BOXERS FROM RUNDERWEAR (RUNDERWEAR.CO.UK, RRP £36)

MY NEW GET UP AND GO

I've always run in the evenings after work but having recently changed my job I was starting to find it hard to get out there, and was struggling with low energy levels when I did go out. The idea of hauling myself out of bed an hour early just wasn't an option - I felt tired enough as it was! But then I read your article 'Good Morning Sunshine' in the May issue of Running Fitness. I was intrigued by the suggestion that I could 'jump start' my metabolism by getting out into the daylight first thing, and the idea that exercising before breakfast might help me lose weight was very attractive!

So the following week, I set my alarm early and dragged myself out for a quick run before breakfast. Being out and about with no-one around was so refreshing, I was instantly hooked! Ever since, I've been running three times a week before work - I have lost a little weight and have so much more energy. So thank you, *Running Fitness*, changing my routine has changed my whole outlook!

Jane Lucas, via email

YOUR TWEETS THIS MONTH

@CHLOANNE "Edinburgh Half done this morning, first 'proper' event for me!"

@DoshLtd "Are you up against it today? Remember if it was easy everybody would be doing it"

@ScottFishman "Decide. Commit. Succeed."

@CojoFilms1 "Off to Iceland in August to film @FireAndIceUltra. Expecting great scenery & racing!"

TWEET US @Runfitmag

ON FACEBOOK THIS MONTH

We asked for your favourite running tracks. Here's what you said:

Shane Finney: "Keep on Running by The Spencer Davis Group."

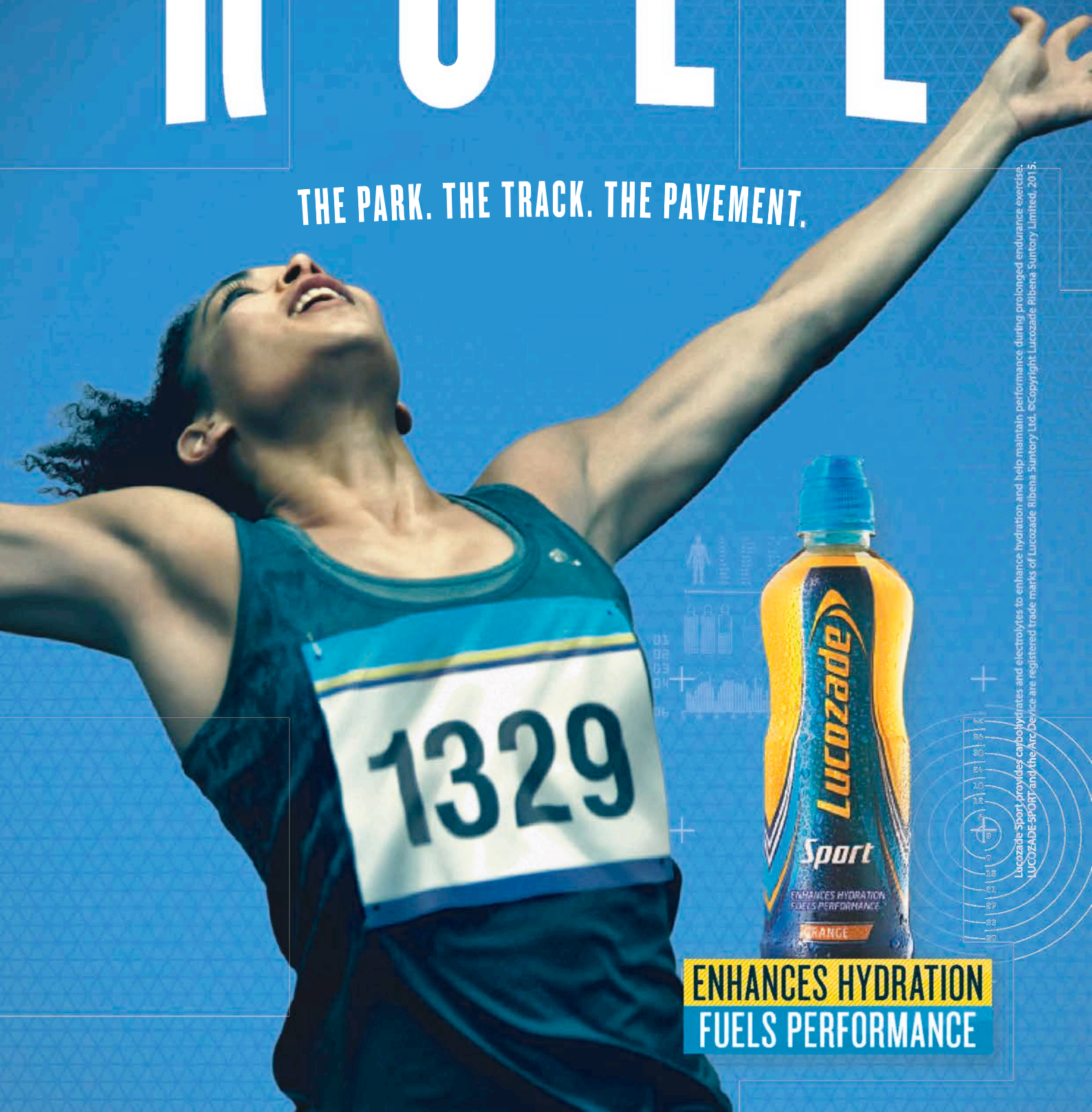
Vicky Stapleton-wale: "Keep Your Head, Keep Your Heart Strong by Ben Howard"

Katie Warlow: "Running up that Hill by Kate Bush"

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SARAH RUSSELL

Enjoy a good run with your partner

It's official: taking to the trails with your spouse or partner could **WORK WONDERS** for your training, your recovery and your relationship, as Sarah found out this month

A study from the 'Johns Hopkins Bloomberg School of Public Health' caught my eye recently. It found that if your partner increases his or her level of exercise, the other spouse is significantly (70% according to the study) more likely to follow suit. Not rocket science perhaps, but an important finding and yet another reason (did you need one?) to lace up your shoes and take your partner along with you. Running with your spouse or partner isn't just good for your fitness level, but it's great for your relationship too. Having a shared goal and interest is vital for any relationship and running is the perfect bond. The highlight of my week is Saturday morning 'date run' where hubby and I head out to hit the country trails for some quality time together. As we run, we can chat and catch up on the week. We enjoy the scenery, exploring the trail and sharing a common bond. It's our special time together.

SHARE THE PAIN

My husband and I are well matched when it comes to pace so we both benefit from the run, but not everyone is so lucky. If you're much faster than your partner, perhaps you could treat your 'date run' as a recovery run or a way to simply support your spouse? Encourage them and offer support, just don't turn into an overbearing coach.

BUT DON'T GET COMPETITIVE

Your 'date run' might not be the time for serious relationship chat either, just keep the conversation light, enjoy the shared activity and run side by side. And whatever you do, don't get competitive, try to race each other or run five steps ahead hollering back over your shoulder... that might not be so great for your relationship after all.

Tweet us *@runfitsarah* or *@Runfitmag* and tell us about your 'date run'. RF

Sarah Russell has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach www.sarah-russell.co.uk

3 OF THE BEST... SHORTS

EMBRACE THE WARMER WEATHER: DITCH THE LEGGINGS AND GET YOUR LEGS OUT IN STYLE

1 Racey 7" Ladies Short Brooks Running £42
The new 'Racey' 7" short from Brooks has a lovely wide waistband for comfort, inner brief and comes in pink or teal. Slightly longer in length. On sale July 2015. *brooksrunning.com/uk*



2 X-Bionic Marathon Shorts £80
The highly technical fabric and design of these marathon shorts makes them supportive yet light and breathable. Available in both men's and women's. *x-bionic.co.uk*



3 Salomon Women's Sense Pro Shorts £40
Lovely lightweight shorts with a wide comfortable waistband and inner brief. Great colour and perfect for the height of summer. *salomon.com*





Keep your date run light-hearted or you may end up running in silence!

SHARE YOUR THOUGHTS

Join our supportive community online and share your journey with like-minded runners

WHAT'S ON IN **SEPTEMBER**

You'll be spoilt for choice with events in September! It's time for some serious racing and fun.

RUN OR DYE 2015
DATE: 26th September
WHERE: Oxford
WHAT: Run or Dye is for anyone who's prepared to dress up, get covered in paint and have fun! Oh and run 5km.
runordye.co.uk

GIRLS ONLY HALF MARATHON
DATE: 20th September 2015
WHERE: Milton Keynes
WHAT: New, flat and fast half marathon for ladies only. The traffic free route follows the Grand Union Canal.
fqevents.co.uk

MAVERICK TRAIL ORIGINAL
DATE: 5th September 2015
WHERE: Tunbridge Wells, Kent
WHAT: Proper cross-country through the 'Garden of England' in 5km, 10km and 20km trail races.
maverick-race.com

QUOTE OF THE MONTH

"I RUN BECAUSE LONG AFTER MY FOOTPRINTS FADE AWAY, MAYBE I WILL HAVE INSPIRED A FEW TO **HIT THE TRAILS**... AND COME TO THE SAME CONCLUSION I DID: I RUN BECAUSE IT ALWAYS TAKES ME WHERE I WANT TO GO."

DEAN KARNAZES, *ULTRAMARATHON MAN*



PERFECT BLEND...

I'm loving my new Nutribullet blender. It whizzes up the most amazingly healthy smoothies for pre- or post-run fuelling. Technically it's a 'nutrition extractor' not a blender, and it turns nuts, seeds and fibrous foods into the smoothest and most digestible form.

Nutribullet is £99 and available from Lakeland or *nutribullet.com*

Try this smoothie for a perfect post run re-fuel:
½ cup of oats
5 walnuts
1 Banana
¼ cup blueberries
Almond milk

Blast it up and enjoy!



Running Fitness
INSPIRING RUNNER

SINEAD KANE

Running Fitness meets Sinead Kane who, this year, became the first **VISUALLY IMPAIRED** athlete to complete an ultra marathon in Ireland

A qualified solicitor and motivational speaker, Sinead is legally blind with five per cent vision and only took up running three years ago. "In March 2012 I was asked to run a 10k for ChildVision," [the National Education Centre for Blind and visually impaired Children in Ireland], she remembers. "I automatically said 'yes' because it was a charity and because I knew so little about running that I didn't even know what a 10k meant.

"In April 2012 I turned 30 and I started my training. Indoors, I use the same treadmill all the time – I am familiar with how to set it by looking closely at the screen. Outside, I run with a running guide. We use a band that ties us together and my guide gives me clear instructions. It is only by running outside that you can truly experience the wind, rain, heat, changing terrain etc that you might get in a race, but if the running guide is not available then I have to go to the gym.

"My sunglasses are essential as my eyes are very sensitive to light. I have no iris so I take light through the whole eye, whereas a normal runner takes light only through the pupil. No matter what type of day it is; sun or no sun, I always need my sunglasses.

"My least favourite part of running is the constant getting things ready for the run and washing clothes afterwards. If my shoes need cleaning that can take up to 30 minutes because I can't fully see what I am doing. Hence, running can take up a lot of time, but the feel-good buzz afterwards motivates me to run.

AIMING HIGH

"For the Women's Mini Marathon 10k in June 2012, I was to train for eight weeks. Almost immediately I had a load of blisters on both feet as I wasn't used to running outside. My feet were very tender and for two weeks I did aqua jogging so there was no impact on the feet. I kept thinking about the charity and all the kids I would help to help me bear the pain of badly blistered feet. For the remaining six weeks I trained three days a week with a guide runner out on the road. I wanted to run the 10k in under an hour. I did it in 55mins 7secs and also raised €2,000 for ChildVision."

Last year, Sinead upped her distance to 26.2 miles to raise funds for Childline – ISPCC (Irish Society for Prevention Cruelty Children) and to raise awareness about people with disabilities. "I decided in July 2014 to do the Dublin marathon and did it that next October 2014. I couldn't find a local running guide so I had to travel for six hours each Sunday on the train to do a long run. I didn't start training with a guide until the beginning of August and I was panicking because the marathon meant increasing my mileage quite quickly, which resulted in me getting a knee injury. I was out for the first three weeks in September but I kept up my fitness by doing aqua jogging. It was a different way for preparing for the marathon but when you experience a setback you need to find other solutions."

"I didn't choose to be born visually impaired but I can choose how I live my life"

Sinead was the first visually impaired Irish female to run the Dublin City Marathon, and her only wish is that she'd done it quicker. "On the day I ended up being faster than the guide so the pace wasn't quick enough for me. I completed the marathon in 4.01 but I wanted to do it under 4 hours.

DONADEA 50K

"Training for the Donadea 50K/Irish National Championships, I followed the advice of my guide [Irish International ultra runner John O'Regan] by increasing my longest run distance and including a few extra long runs. Talking about it helped me mentally prepare as it cancelled out a lot of self doubt.

"The hardest element of the race was not being able to see properly to distract myself. When a negative mindset sets in, distractions such as scenery and other runners really help. When I was tiring it was hard to listen to instructions from John and my negative mindset kicked in at six miles and didn't give me a break until 31 miles when I finished."

Incredibly, Sinead chose to run freely (solo) along the final stretch to the finish. "There were three chip mats at the finish line and they were kind of sticking up," she explains. "I could only see one mat when I was on top of it but I was looking forward to finishing the race and that is where the confidence came from: knowing I was actually going to complete the race within the time allocated – sub 5 hours. I wanted to feel the independence that a normal runner feels, even if only for a moment.

RUNNING THE GAUNTLET

"When I run I visualise certain images, such as powering past a group of runners. When I am suffering during a run I think about a game from the TV show Gladiators – 'The Gauntlet', where the contestant had to battle their way through six gladiators, being flung from side to side. I think to myself I am battling through life due to my different adversities and I will continue to keep on battling and get to the end of the gauntlet or, in running, the finish-line.

"I want to see how far mentally and physically I can push my body. Moreover, I want to show people that I am living life and not allowing my disability to hold me back. In 2011 I set up my website The Kane Ability (www.sineadkane.ie). For me 'The Kane Ability' is about GCP: Goals, Choices, People. Set Goals for yourself; make Choices; contact People. What has worked for me in life is to set a goal for myself then I try to follow up on the goal by making choices, and I surround myself with people who want to help me grow. I didn't choose to be born visually impaired but I can choose how I live my life. Rather than being blind, I choose to be visionary in encouraging other people.





Training in Kilcummin, County Kerry



Competing in the Donadea 50k with John O'Regan as guide runner



Sunglasses are essential for Sinead's sensitive eyes, which have no irises

IMAGE GARETH MAC CAULEY



MATT PHILLIPS

INJURY SPECIALIST

Runners, it's time to pile on the weight and **LIFT HEAVY!** Matt explains how some serious strength work will give you the extra power to improve your stride

Taking to the roads or countryside for hours on end means that many distance runners are not huge fans of lifting heavy weights in a sweaty gym. If we do decide to supplement our training with a little strength work, we are generally happier just using bodyweight exercises or maybe the occasional resistance band. 'Lifting to failure' is certainly not an expression distance runners use very often.

And yet, although distance running is an endurance sport, it is easy to forget the power it takes to spring from one leg to the other, especially at an elevated speed or uphill. Doing 30 squats with just our body weight may feel like doing a marathon but it will not help develop the power required to improve our stride. For that, we need to expose our body to heavy weights and yes, lift to failure.



Start with lighter weights and build up to find your 10 Rep Max.

STRENGTH TRAINING & INJURY PREVENTION

A systematic review in 2013 (by Laursen et al) of over 25 studies of exercise interventions designed to prevent sports injuries reached the following conclusion: "Strength training can reduce sports injuries to less than a third and overuse injuries by almost 50%." Though this review was not specific for runners, the link between running and overuse injuries has interesting implications for runners.

BUILD FOUNDATION STRENGTH FIRST

Before you embark on lifting heavy weights, it is important that you have a solid base foundation. For example, most runners should be able to do 20-30 repetitions of calf raises on each leg before they try adding resistance. As far as which strength exercises to choose, for now let's just keep it simple: squats, deadlifts, leg press, hamstring curls. Traditional compound exercises are often far more effective than the complicated ones often advocated by fitness professionals. That said, if you've never done these exercises before, find a professional to go through technique with you. Correct technique and tempo are vital to reduce risk of injury. Once you have a solid base, you can start experimenting with more weight and fewer repetitions.

DEVELOP YOUR 10 REP MAX

Research suggests that in order to build strength, you need to lift a weight that is heavy enough to stop you doing more than 8-12 repetitions. In most cases, your bodyweight will not be enough, so you'll need external resistance such as barbells or a medicine ball. Establishing your 10 Rep Max (10RM) is a good place to start. This refers to the maximum weight you can lift 10 times (with safe, controlled form). For a weight that truly represents your 10RM, the ninth rep should be hard work and the 11th should result in failure. Being a member of a gym can make this easier as you'll have access to a large range of weights, but you can achieve it with weights at home. Remember to warm up first and start with a couple of sets of the lift with no weight/a lighter weight. It may take a few attempts to work out what your 10RM is, and remember every now and again you should be challenging yourself to see if you can manage 10 reps with a slightly heavier weight. If you can put the same passion you have for getting a Parkrun PB into lifting a heavier weight, you'll do fine!

MATT PHILLIPS
is a Running Injury Specialist & Video Gait Analyst at StrideUK & Studio57clinic in Sussex.
Follow Matt on Twitter: *@sportinjurymatt*

In most cases, your bodyweight will not be enough

HOW OFTEN SHOULD I STRENGTH TRAIN?

This will very much depend on the runner and the specific goals. If new to strength training, I recommend you do your strength sessions on the days you don't run, with a good 48 hours in between to recover. You can expect to see strength changes in a very short time (often in as little as two weeks) so this should help you get a buzz and start enjoying it! Before long you should be able to start looking at moving on to some power generation and plyometric strength training, but we'll save that for another day!

StrideUK is one of the UK's leading running technique companies which takes pride in helping people reduce injury and improve running performance by using clinical video gait analysis to examine your running technique and provide simple, easy to follow training programmes to get you injury free. For more information please visit ***www.strideuk.com***

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LAURA FOUNTAIN

LAZY GIRL RUNNING

Having a strong support network and cheering on others makes running a highly collaborative experience. Laura explains what motivated her to **GIVE BACK** and take up coaching

When you think back to the Olympics, the London Marathon or any major athletics event you've watched on TV. What's the first thing that the winning athletes say?

"Thanks to my coach."

"Thanks to my family."

"I couldn't have done it without the support of X, Y and Z."

On race day, if we're gunning for a new distance or a PB, it's just us against the clock. It's easy to see running as a solitary sport, something that we do by ourselves. But most of us have a support network around us that helps us do the things we do and achieve the things we achieve. Whether it's a partner who looks after the kids while you head out for a long run on a Sunday morning, a friend who has encouraged you on, or a club coach who has listened to your concerns, most of us don't make it to the finish line alone.

Hopefully, we've all been on the other side of these relationships too: we've helped friends get started in running, cheered on family members at their first race and commiserated with others when things don't go so well. Hopefully we've given as much back to running as we've taken.

A CHANGE OF DIRECTION

A while back now I went to a talk by one of the coaches at my running club. As he spoke about training and offered his advice to the listening audience, it was obvious how much he loved running and sharing that with other people. Some of the runners in the room asked questions about their training and what they could do to run faster or further, but my question was a bit different. At the end of the talk I spoke to a club coach and asked him what I needed to do to become a coach myself.



Working to qualify as a fitness coach helped Laura give more back to her running groups



Running in a group is great for mutual support

LAURA FOUNTAIN

Laura Fountain is a marathon and ultra runner, a triathlete and a personal trainer. She teaches beginners how to run and helps them fall in love with running. **Follow Laura on Twitter: @lazygirlrunning**

He pointed me in the direction of the UK Athletics coaching pathway. I became a Leader in Running Fitness back in 2012, which allowed me to lead runs, both for my club and my own running groups. Every 10 weeks my beginners' course is full of a new group of women keen to start running, with some of them travelling across London to train with me. I really enjoy helping them learn to run and seeing them develop a love for it. I only started exercising myself seven years ago, so I can relate to a lot of the barriers that people face when taking up running – whether real or imagined. That's what made me want to help support others in achieving their goals, and I find it really rewarding. I went on to qualify as a coach in Running Fitness and earlier this year I also qualified as a personal trainer so I can support them more fully.

Seeing someone you've helped – whether as a coach, a marshal at a race or as a friend – achieve something they didn't think they could is an amazing thing. Running doesn't have to be a lonely pursuit. It's at its best when we pull together.

"Hopefully we've given as much back to running as we've taken"



DAVE STANDEN

TECHNOLOGY CORNER

It's hard times for hardware. Will health and fitness **ACTIVITY TRACKERS** be usurped now that smartwatches are here? Dave weighs up the pros and cons

"Innovation distinguishes between a leader and a follower." So said the late, great businessman and champion of black polo neck jumpers, Steve Jobs. And with the launch of the Apple Watch (centre), Jobs' legacy lives on (as long as all the other smartwatches – most notably the Pebble – get conveniently forgotten when the winners write the history books). Given its reputation for creating quality, functional technology, Apple will no doubt be seen as an innovator in the smartwatch market. Others will follow; some better, some worse, but their arrival could sound the death knell for most of the activity tracker market.

Smartwatches – whether they run on iOS or Android operating systems – have a couple of distinct advantages over activity trackers. Firstly, smartwatches are built for more than just fitness. They're lifestyle accessories, so people using them can get the best of both worlds.

Secondly, they're not limited to running one fitness app. If you wear something like the Fitbit Surge on your wrist while running, you're pumping your data directly into the Fitbit app. Wear the Apple Watch and you get access to a multitude of apps, including Nike+ Running, Strava and Map My Run, to name a few. The point is, the hardware has been decoupled from the software – with activity trackers, you can't switch from the proprietary software to a third party app. And fitness companies are heavily investing in apps. I've previously written about Under Armour buying its way into the fitness technology world, with the purchase of MyFitnessPal, and Nike has devoted its efforts to developing software, discontinuing its Fuelband bracelet.

DAVE STANDEN
writes about running, technology, and running technology.
Follow him on Twitter
@DavidStanden



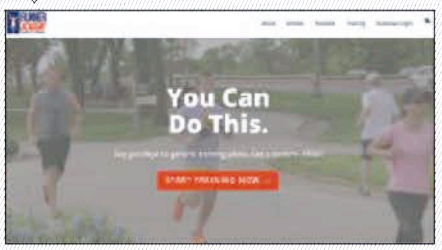
Given all this, why would anyone have a fitness tracker and a smartwatch? Well, before you bin your Jawbone Up, or stuff your Fitbit gear into a suitcase and throw it into the nearest canal, consider a few things. First of all, there's the price. Smartphones, particularly the Apple Watch, are pricey. You're looking at spending between £299-£339 compared to the higher-end activity trackers like the Jawbone Up3 (which is available for £149.99).

Then there's battery life. The Fitbit Charge will keep going for up to five days, while the Up3 lasts up to seven days. The Apple Watch's battery only lasts up to one day – one day! This can only result in a constant cycle of low battery anxiety.

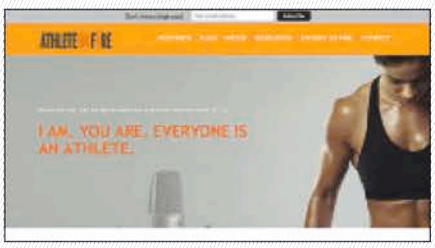
Of course, there's also the lack of GPS. A lot of activity trackers are guilty of not having built-in GPS, but many manufacturers have evolved their products and are trying to make it a standard feature. For Apple not to have baked GPS into its watch, so users could enjoy phone-free running, is a huge oversight.

Smartwatches will kill off a lot of the activity tracker market, but that's no bad thing. Too many tech providers decided to include only marginal differences in their products, creating a market of copycats – and that's been their undoing. They followed instead of trying to lead. If anything, the arrival of smartwatches will force the makers of activity trackers to up their game and, hopefully, that will lead to more innovation.

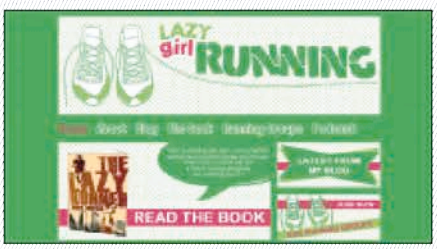
RUNNING CHAT We love podcasts, especially ones that make us better runners...



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www.runneracademy.com
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ATHLETE ON FIRE
www.athleteonfire.com
Athlete on Fire deals with the practical side of running, including workouts, training schedules and introducing successful habits. It includes interviews with some of the big names like ultramarathon runner Dean Karnazes.



LAZY GIRL RUNNING
www.lazygirlrunning.com
This podcast charts the adventures of author and RF columnist Laura Fountain as she runs and chats with people she knows and people she'd like to know. A must for runners who want to go beyond training tips and kit advice.



TONY PHILLIPS

A MILE EACH DAY

We can't all be winners all of the time, but we can still nurture a **POSITIVE MINDSET**. Tony explains why it's just as important to celebrate coming last in a race

"FAILURE DOESN'T MEAN YOU ARE A FAILURE, IT JUST MEANS YOU HAVEN'T SUCCEEDED YET."
- ROBERT SCHULLER

Someone once told me a story: when she was about five and on holiday in Spain, she took part in a swimming race in a local fiesta. She had vivid memories of finishing the race with everyone around the pool shouting and cheering her on.

It was only recently that she discovered she hadn't actually won the race (having assumed she had because everyone was cheering). In reality, because she was quite a bit younger than all other swimmers, everyone had finished – leaving her to swim the last length on her own.

Swimming that last length was such a strong, positive memory for her and hence the only part she remembered. The part of the memory with the other swimmers was insignificant in comparison and had evaporated. She was therefore surprised to learn that rather than winning the race, she had come last!

This got me thinking of the much more common scenario of finishing last in a race only to find that the organisers have taken down most – if not all – of the finish-line paraphernalia and there is hardly anyone left to witness your achievement. And achievement it is. It takes as much if not more courage, grit and determination to finish in last place as it does to cross the line first.

I doubt very much if the last place finisher crossing the line almost unnoticed would carry the same positive and happy memory of the experience as that held by my swimming 'winner'.

A HEALTHY MINDSET

There's a connection between my swimmer story and another story I was told last week while I was facilitating a course in Guernsey. There is a project running in Guernsey at the moment where children are being taught to develop a growth mindset rather than a fixed one.

To explain, a fixed mindset is one where when you can't do something, you decide: "I can't do that", and then you rigidly stick to that decision from then on. A growth mindset response to the same situation would be: "I can't do that yet". The two responses are quite different, don't you think?

Apparently a little girl in Guernsey was telling her father about a project that involved someone flying.



If you can envisage success, that's half the battle won.

It takes as much if not more courage to finish in last place as it does to cross the line first

TONY PHILLIPS
is a personal coach working with entrepreneurs and business leaders. An enthusiastic back of the pack runner, in January 2010 he began an experiment to see how many consecutive days he could run at least a mile. Tony is fascinated by the lessons running and daily habits teach him about life.
Follow Tony on Twitter: *@AMileEachDay* or *coaching approach.co.uk*

When her father said to his daughter: "But people can't fly darling", without any hesitation she cheerfully responded: "Not yet Daddy, not yet". Her father had to admit that she was right! This story and the one about the wonderful spectators cheering home the last swimmer have some parallels.

Celebrating the 'winners' only and not the 'also rans' (especially those coming in last) encourages a fixed mindset by reinforcing the common view that finishing last is embarrassing and means that you're not very good – and therefore will never be good.

What would it be like if we always celebrated the person who finishes last as, or more enthusiastically as, we do the first place finisher?

First, it would be a vastly more positive experience, and second, it would change the fixed perspective to one that concluded that they hadn't won the race, yet!

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DAN TYE

REACH NEW HEIGHTS

If you're looking to give your running fitness a boost before tackling some of this summer's most exciting **ADVENTURE RACES**, try this for motivation...

Are you the kind of runner who routinely puts yourself through hours of monotony on the treadmill in the name of just getting the miles in? I'm guilty of doing this too. In fact, I've now taken to selecting the 'Rolling Hills' or 'Mountain Peaks' options on the treadmill and stairclimber to try to make these sessions more exciting. "Climb two summits on this simulated outdoor trail – no gear required", the screen yells at me and up pops the 'motivational' image of a young man running past snow-capped mountain tops, well that's just an unfair reminder that I am on a running machine in a Leighton Buzzard gym and not in the Lake District. Still, this little bit of adventure, even though it is gym-based, is at least a partial antidote to the stupid-o-clock drive round the M25 which I put myself through most mornings. The point I am making is this; if you do have to do your running in the gym, then choose the more adventurous programme settings. Your legs – and your mind – will thank you for it.

Another 21st century fitness aid that I'm thankful for, is an app called Freeletics. I'm not exaggerating when I say this, but this app has totally boosted my running fitness. I'm pretty self-motivated, so I can put myself through sit-ups and press-ups, but Freeletics completely takes the brainwork out of coming up with your own routine and pushes you harder than you would ever push yourself. Instead of me trying to explain here, do a search for Freeletics on YouTube and watch others who have gone through their first 15 weeks of using the app. For the first three weeks, I felt sick (and simultaneously euphoric) after each workout, even though they last just 20 minutes.

REAL WORLD RESULTS

So how does Freeletics relate to adventure and running? Well, it makes you put your body through the same movements that you'd expect to do in all kinds of adventure sports – in essence, you're training yourself to function more effectively (hence the name 'functional training'). And it works. You might have seen the physiques of Gerard Butler in the film 300 or Henry Cavill as Superman in the film Man of Steel. Both trained with a guy called Mark Twight at Gym Jones. How their physiques 'look' is just a by-product of the functional fitness they have developed by following Mark Twight's programmes. What very few people realise is that Mark Twight originally developed this kind of training to boost his ability to climb mountains…



Try your hand (or feet) at functional training for better running.

DAN TYE

took a love of cross-country running and outdoor pursuits with him into the RAF as a pilot. The call of the mountains was too great though and he became a ski instructor in Canada, before working as a journalist for the past 10 years. He now edits an online adventure lifestyle blog called Adventure 52, where he encourages everyone to make the most of his or her 52 weeks a year. Find him at: *@Adventure52mag or adventure52.com*

Athletes in the adventure world are now catching on to functional training too. The North Face has just released an app similar to Freeletics, called Mountain Athletics. A North Face athlete and ultrarunner, Hal Korerner, explains why certain exercises in the app are helping him to run more effectively: "Box Jumps help me build the overall athleticism I need to feel my best over 100 miles on the trail," he says.

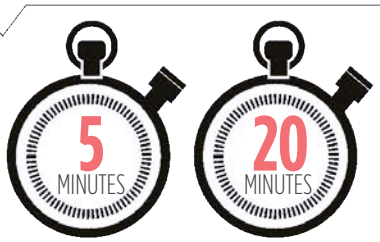
So while it seems logical that to get better at running, you should run, you might well find that adding in alternate days of functional training – particularly leg exercises – could surprise you when it comes to tackling some of the incredible adventure races coming up this year.

As I write this, I am contemplating the 'Lakes in a Day' ultrarun on 10 October 2015. Its 50 miles and the website says: "Run the length of the Lake District – from Caldbeck to Cartmel." The course has been designed by James Thurlow and has 4,000m of ascent via the stunning Helvellyn Ridge and the western shoreline of Lake Windermere. Apparently "It might not be the easiest traverse but it will be the most spectacular!" I might need to find where the '50 mile Mountain Peaks' setting is on the treadmill as I think I could be signing up…

If you do your running in the gym, choose the more adventurous programme settings

RECIPE OF THE MONTH

Go Faster Rainbow Breakfast Crunch



PREP TIME **COOK TIME**

Ingredients for 2 large portions

200g unrefined whole rolled porridge oats
250g mixed nuts and seeds (flaked almonds, sunflower and pumpkin seeds, walnuts, pistachios, pecans and hazelnuts)
½ tsp cinnamon
½ tsp ground ginger
2 tbsp honey or maple syrup
2 tbsp sunflower oil
2 tbsp water
100g mixed dried fruit (raisins, crystallised ginger, dried apricots, figs and/or dates), chopped (optional)
250g natural yoghurt
100g soft berry fruit: blackberries, blackcurrants, blueberries, raspberries or strawberries
1 tsp sugar

Why is it good for you? We all know that oats make a fabulous pre-run breakfast, but sometimes even the most dedicated porridge eaters need a change! An excellent combo of protein, slow-release carbs, healthy fats (omega 3s) and 'superfood' phytonutrients, the luscious red and white layers of this pretty granola breakfast will brighten up your morning and boost and sustain your energy levels to keep you going through your run, till lunchtime. This recipe makes more granola than you'll need for the yoghurt combination; you can keep the rest in an airtight container for up to three weeks.

METHOD

1 Preheat the oven to 180°C/gas mark 4.
2 To make the granola, mix together the oats, nuts and seeds with the cinnamon, ginger, honey, oil and water. Spread the mixture evenly onto a large baking sheet.
3 Bake for 20 minutes until golden brown, turning the mixture after 10 minutes for it to brown evenly. Leave to cool for 5 minutes or so. It will crisp up like magic.
4 Add the dried fruit if using.
5 Crush the soft fruit in a bowl with the sugar.
6 In a tall sundae dish or glass, carefully arrange the yoghurt, granola and fruit in layers, to create colourful stripes. Serve immediately.

Nutrition per slice Energy (kcal) 493 **Protein** (g) 17 **Carbohydrate** (g) 62 **Fat** (g) 20 **Of which sugars** (g) 31 **Of which saturates** (g) 6 **Salt** (g) 0.3 **Fibre** (g) 7





Kate Percy Athlete and cook, Kate is passionate about the link between good eating and better performance. Her bestselling books, *Go Faster Food* (£12.99), *Go Faster Food for Kids*, (£16.99), and *FuelSmart for Race Day* (£3.99) bring top sports nutrition advice to life with delicious recipes to help athletes fulfil their potential. They're available on amazon.co.uk, in bookstores, or get a signed copy from her website at ***www.gofasterfood.com***



HIT THE TRAIL

Trail running takes us back to nature, but it can also make your body more **ROBUST** and **RESILIENT,** and reduce your risk of injury. Follow our advice to make the most of your outdoor adventure

Trail running is a whole other world compared to road running. If you've never done it before, the very thought of stepping off the tarmac and onto the trail can be daunting. How do you find a route? Where do you run? How do you avoid twisting your ankle? These are all common concerns for new trail runners but don't let your fears stop you. Step out of your comfort zone and onto the trail, and let your adventure begin.

WHAT'S SO GREAT ABOUT IT?

There's something very liberating about running off-road. It makes you feel alive, grounded and at one with nature. Running in woods, by a river or in a forest makes you more appreciative of the world. You become more observant – listening to the birds above you, enjoying the spectacular sight of bluebells and feeling the crack of twigs underfoot. And there's simply nothing better than breathing in clean fresh air instead of car fumes.

But the pace of trail running is very different to the road. Clambering over stiles, opening gates and the unpredictable terrain underfoot will soon put a crimp in your min/mile pace. Expect to be 30 seconds to 1 min per mile (or more) slower than your pace on the road. But that's normal so don't fret. Instead of worrying about speed and distance, turn off your 'pace function' and focus on the scenery and the training benefits of running off-road instead. Many trail runners prefer to run by 'time' when running off-road. So head out for a 45-minute run rather than for four miles and just wear a stop-watch instead of a GPS.





Keep your head up and use your eyes to look down so you don't trip.

TAKE CARE...

The pleasure of a summer trail run can soon come to an abrupt end if you're faced with an overgrown path of nettles and brambles. There isn't really a solution apart from taking a different route or wearing long socks and longer fitted shorts or capris. A few nettle stings and bramble scratches are just part of the 'joy' of summer trail running.

WATCH OUT FOR COWS

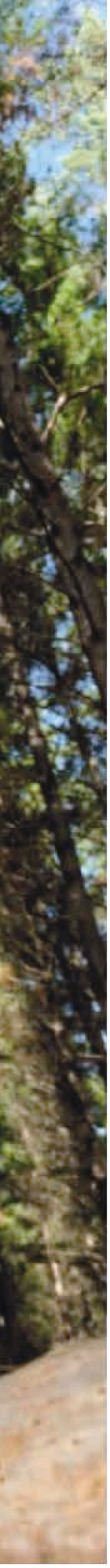
Avoid fields with bulls or cows with calves. They can be aggressive and dangerous, especially if you're running with your dog. Either choose a different route or proceed slowly and with caution.

PHYSICAL BENEFITS

When you run on tarmac roads and paths, your gait is very repetitive. Every step you take is almost identical. Your foot hits the ground in the same way and your body has to absorb the same repetitive forces over and over. Running on the trail is the complete opposite. Every step you take is different. The forces change constantly as you navigate different terrains, mud, tree roots and uneven ground. Your form is constantly changing and the variety imposed on your body means you have to respond accordingly.

Your body has to work hard to stabilise your joints, to keep you balanced and upright; and your proprioception goes on overdrive. Ultimately, this results in reduced repetitive impact forces and reduced risk of injury. Your body becomes more robust and resilient; able to withstand forces from all angles. Your balance improves, your core has to activate more effectively and you become more co-ordinated. It's a bit like a core workout, drill session and balance programme all rolled into one.

Being immersed in 'nature' is good for



us, both mentally and physically – far better than pounding the treadmill in the gym or running alongside a busy road. Numerous research studies have found people who spend time in nature – that is walking, running or even just looking at it – have lower blood pressure and lower levels of stress hormones.

ARE THERE ANY DISADVANTAGES?

There is of course more risk of falling over or twisting an ankle when you're running off-road, and it can take some time to get used to it. So build trail running into your running life gradually, introducing short sections of trail into an established road run. Proprioception, balance and co-ordination can all take time to improve and you're likely to find trail running more tiring to begin with. Concentrate hard and look where you're putting your feet. Keep your head up but use your eyes to look down and watch for any hazards.

STAY SAFE

Trail running can take you to more remote locations, so do take safety precautions and tell someone where you're going. Take a phone with you in case you need to call for help and have some idea of where you're going and when you're likely to be back. You could try a 'GPS tracking safety' app which shows your last location and will alert a nominated contact should you fail to return. Try an app such as runsafe.me or roadid.com.

PLOTTING A ROUTE

Working out where to run can be one of the hardest aspects of trail running. Go old-school and start with a simple OS map (ordnancesurvey.co.uk) to plot your route and visualise where you're going to run. Choose the Explorer (1:25,000) or Landranger maps (1:50,000) which cover most of the countryside and National Parks in the UK. Plot a route using the green dotted public footpaths and bridleways and look at how they link up with roads you normally run on.

Digital OS maps can be downloaded onto GPS devices such as the Garmin SATMAP Active 12 (£429.99) or the more basic Garmin ETREX 10 (£99.99) which provides easy to follow waymarkers instead of a visual map.

Or simply download a GPS mapping app onto your phone. Try OS Maps £19.99 for a 12 month subscription or OutDoors GB app for £2.29.

WHAT TO WEAR ON YOUR FEET

Trail shoes differ to road shoes in that they don't usually offer much in the way of 'pronation' control. Trail shoes also tend to have less cushioning, feel stiffer and have a firmer ride. They'll have more grip for better traction and will have more protection in the upper to guard against rocks and boulders.

When buying a pair of trail shoes think about the terrain you'll be running on and choose your shoe accordingly. For dry easy trail look for something with a reasonable grip and plenty of cushioning. It's likely that your run will include sections of both trail and road, so a multipurpose shoe such as the Brooks Cascadia or the Salomon Scream 3D could be a good choice.

Whereas if most of your run is off-road and likely to be very muddy, rocky or boggy, then choose something a bit more hardcore with plenty of grip and traction. Try the more rugged Salomon Speedcross 3 or the inov-8 Mudclaw 300. See page 32 for more trail running kit.

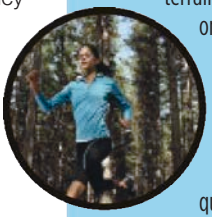
"Your balance improves, your core has to activate more effectively and you become more co-ordinated."

Different terrains

EASY TRAIL Hard, dry and smooth surface; e.g. a fire track through a forest, a canal towpath or an old resurfaced railway line. One step up from 'road' this may have a loose surface of grit. A great place to start.



GRASS Soft and forgiving. Choose hard playing fields or a golf course where there's short grass and the surface is smooth. The dew or rain can make your feet wet. Watch out for deep rutted sections or long grass which can hide dangers.



WOODLAND/FOREST This is the most varied of terrain and the nature of it will depend on your local topography. The ground could be boggy or dry and sandy depending on where you live. You'll probably need to negotiate stiles, gates and fallen trees as well. It can get quite technical if the path is very rutted, or there are lots of tree roots.



MOUNTAIN TRAIL Hardcore trail in the mountain areas of the UK lends itself to some spectacular trail running, but it's something to build up to. Rocks get slippery and scree can make running treacherous. Trail tends to be technical with lots of boulders.

MUD/BOG Muddy or boggy sections of trail can be energy sapping and challenging. Your feet can get wet making blisters more likely. You'll need to work hard to stay upright, especially if the mud is slippery. Wear shoes with a good grip.

SAND This is the hardest terrain to run on. Running on sand or shingle puts a lot of strain through your calves and achilles. Barefoot running on the beach can cause an injury if you're not used to it. Build up slowly if at all.

REAL-LIFE TRAIL RUNNERS

Three readers who are firm converts to running on different terrains



Tam Weaver

"Swapping to trails after the monotony of spring marathon training was such a pleasure – and a great way to keep motivated to run instead of retreating to the sofa. I'm really looking forward to my first trail event, have felt less ruled by the tyranny of my GPS watch and have just enjoyed being out in the countryside watching the seasons change."



Claire Milloy

"There's something quite liberating about sticking on a pair of trainers, heading out of the back door and not necessarily knowing where you're going! Trail running has gripped me well and truly by the scruff of the neck – it's shown me that the most brilliant side to running is the fact that you can do it anywhere, any time, any weather and on any terrain!"



Vanessa Markham

"Nothing beats running through a bluebell wood, listening to the stones beneath your feet, and the feel of your heart pumping when you get to the top of a hill in a corn field, and thinking 'Fantastic... Lets go again!!'"

Tweet us your favourite trail routes *@runfitmag*

TRAIL RUNNING

Heading for the **GREAT OUTDOORS?** Try our pick of the best kit and equipment for trail running



» SALOMON FAST WING JACKET £70
Always carry a lightweight jacket out on the trail in case the weather turns. The Fast Wing Jacket weighs only 90g and packs into a tiny stow pocket.
www.salomon.com



»1000 MILE ULTRA PERFORMANCE SOCKLET £8.99
Single layer trail socks enhanced with copper fibre technology, proven to be effective against bacteria and odour. Black/red colour perfect for the muddy trail.
www.1000mile.co.uk



» SUNWISE EQUINOX RM GLASSES £39.99
These budget-friendly sunnies come with four interchangeable lenses and a carry case. The white 'wraparound' frame is lightweight, stylish and very comfortable. We love the white/orange colours.
www.sunwise.co.uk



» NATHAN VAPORAIRESS £120
Female-specific hydration pack with a 2l bladder for water and space for a further 5l of kit. Incredibly lightweight and comfortable with lots of pockets.
www.nathansports.com



Running Fitness
ED'S PICK OF THE MONTH

» **ODLO SILLIAN MEN'S T-SHIRT £40**
Ultra lightweight t-shirt perfect for the summer trail. UV protection of 50+, four-way stretch, wicking and fast drying fabric.

» **ODLO ARIANA WOMEN'S TANK £35**
Gorgeous lightweight tank with flat seams and moisture wicking fabric. Features 'effect by Odlo' fabric using antibacterial silver. UV 20+ protection fabric.
www.odlo.com

» **COMPEED ANTI-BLISTER STICK £4.25**
Avoid blisters in the first place by applying this 'anti-blister' stick to your feet before you run. Also great for areas prone to chafing; try it under your hydration pack straps.
www.compeed.co.uk



» **TIMEX X 20 GPS WATCH £89.99**
Keep things simple with this lightweight comfortable GPS watch from Timex. Just the basics of time, speed, distance. Easy to use and easy to read.
www.timex.co.uk





» **SAUCONY XODUS TRAIL SHOES £105**
Aggressive grip and superb cushioning make for the ultimate trail shoe. The 4mm drop of the Xodus creates plenty of 'trail feel' but still with enough cushioning.
www.saucony.co.uk



» **LEKI MICRO TRAIL PRO RUNNING POLES £140**
Lightweight folding poles perfect for trail running, hiking or Nordic walking. 100% carbon makes them light yet incredibly strong. Running with poles can help posture, cadence and balance, especially on descents.
www.leki.com/uk

» **LED LENSER HEADTORCH £75**
Powerful and lightweight, this fantastic headtorch is just the job for a night run. The beam is incredibly bright, making it a great choice for trail running in the dark.
www.ledco.co.uk



DO YOU HAVE A FAVOURITE PIECE OF KIT? Join our running community at:
Twitter: *@Runfitmag* or Facebook: *facebook.com/RunningFitness*

SWEET SUCCESS

There's more to honey than meets the eye. Dietitian Laura Tilt reveals **THREE GREAT BENEFITS** for runners

As one of nature's most calorie-dense foods, honey has been prized as an energy source for over 8,000 years. In fact, as the main source of carbohydrate before the arrival of agriculture, it's why anthropologists believe our glucose-hungry brains evolved to be as big as they are.

SWEET FACTS

A mixture of two carbohydrates (fructose and glucose), honey contains a similar number of calories and carbohydrate to the sugar you find on your table, but with some added benefits. Because it contains a greater percentage of fructose than sugar (40-55% versus 30% in table sugar), honey has a lower glycaemic index, which means it raises blood sugar more slowly.

Consuming low glycaemic foods before exercise is recommended as a way of drip-feeding your muscle energy. But adding a squeeze of honey to your pre-run porridge isn't the only way to benefit from this natural sweetener.

1 KEEP RUNNING FOR LONGER

Rumoured to have fuelled athletes during the early Olympic Games in Greece, honey's high carbohydrate content makes it an ideal food for powering longer runs.

After discovering that it had a similar carbohydrate profile to commercial sports gels, researchers from the Exercise and Sport Nutrition Lab at the University of Memphis compared the effects of honey to a carbohydrate gel on performance in a group of trained cyclists. Subjects were asked to consume a placebo, a dextrose gel or 15g of honey every 10 miles during a 40km time trial. Results showed honey was as effective as a dextrose gel in delaying fatigue and speeding time to completion, with no complaints of stomach upset.

2 SOOTHE INFLAMMATION

As well as powering exercise, honey can actually help your body recover from a long run.

Last year, researchers from Azad University looked at the benefits of honey supplementation in athletes undergoing intense treadmill training.

Over a period of 10 weeks, half the group was asked to consume a daily dose of 50 grams of honey diluted in 200ml water. Results showed the runners receiving honey had significantly lower levels of inflammation and an increase in protective anti-inflammatory proteins. It's thought the benefits are down to the flavonoids (plant antioxidants) in honey, which help counterbalance oxidative stress.

3 BOOST IMMUNITY

A period of intense training can take its toll on immune function, but a daily dose of honey could help fight off infection.

A time-honoured method of treating burns and wounds, honey boasts antibacterial and antiviral properties due to its low moisture content, which makes it difficult for bacteria to take hold.

In one study published in the *Journal Pediatrics*, two teaspoons of honey before bed helped reduce coughing and improved sleep in children with chest infections.

Although controlled studies are yet to prove the theory, it's also thought a dose of local honey can help to relieve the misery of hay fever by desensitising the body against pollen. Given the low cost of honey and the added benefits for regular runners, it's well worth a try. Try a spoonful a day starting before the pollen season.

N.B. Honey should not be given to children under 12 months due to botulism risk.



TOP TIP

To make your own low cost honey 'gels', squeeze a tablespoon of honey into the corner of plastic sandwich bags and tie the top before snipping off the excess plastic. One tablespoon of honey provides around 17 grams of carbohydrate – two to three per hour during a longer run should help prevent jelly legs!

"As well as powering exercise, honey can help your body recover from a long run"

Introducing honey into your diet can really help improve your running fitness



WALK THIS WAY

You might talk the talk and run the run but real runners know when it's time to **SLOW DOWN** and walk!

WORDS Sarah Ivory

My first experience of walking mid-race was during a 20-mile trail event and – I'll be honest – slowing down felt like admitting defeat. Despite the fact the terrain was too tough to run continuously, and that walking fast uphill meant I was overtaking plenty of competitors who were persevering up the hill at a barely-counts-as-jogging pace, I couldn't accept that walking would help me clock a good time – until it did. Tellingly, I finished 4th, which was better than I ever dreamt of doing. Having the confidence to power walk really paid off and I've used this strategy during several off-road runs since.

The problem is that walking has a bad reputation – it's often seen as a gentle, lightweight and easy activity – something 'real runners' don't do. But the truth is that slowing down mid-run can be a really useful training tool. Not only will this strategy improve your pacing skills, but it will also help you conserve energy and combat fatigue, ultimately enabling you to cover longer distances with better form. The net result is that you gain greater endurance, reduce your risk of injury and even boost your speed. "Walking is a valuable training method for runners of all abilities," says sport scientist and Fitbit ambassador, Professor Greg Whyte. "Experienced runners returning from injury commonly use run-walk sessions as part of rehabilitation back to full running. And ultra-endurance athletes even employ periodic walking strategies to optimise performance, particularly on very long races, multi-day events and challenging terrain." It's a win-win approach.

SECRET TO A STRONGER BODY

Contrary to popular belief, walking during a run doesn't mean you're giving up. Instead, it's a smart way to improve – so much so that American fitness expert and former Olympian, Jeff Galloway, created something called the 'Galloway Method', a training regime based on the premise that walking intervals will improve running performance. Galloway, who has coached over 200,000 runners using the run-walk method, claims that "most runners will record significantly faster times when they take walk breaks because they don't slow down at the end of a long run." This is because walking mid-session gives your body a chance to conserve energy and fluid, while distributing the workload among a variety of muscles.

It's this shift between high-intensity running and moderate-intensity walking that allows the muscles to recover before they get too fatigued. Research in the Journal of the Royal Society Interface backs this, reporting that a mix of walking and running at between nine and 13:20 minutes per mile helped runners conserve energy. This will often enable long-distance racers to pick up the pace in the latter stages of an event. "I use run-walk sessions as an integral part of



"WALKING GAVE ME A REAL BOOST"



George Anderson, running coach at runningbygeorge.com, has introduced some strategic walking into his ultra-distance runs

"I've never walked during a run before but I'm training for the Endure24 [a 24-hour running race] and know that I'm not going to keep running nine minutes per mile the whole way around! So, during my training for the event, I've practised some strategic walking.

"As part of this, I recently ran 41 miles and included two half-mile walks – one at 27 miles and one at 35 miles, which I found gave me a real boost. Sure, I could probably have gone on without a break for the full 41 but walking is part of the training strategy.

"For instance, I decided that I'd have my tea when I'd completed a marathon distance. The marathon finished half way up a huge hill, so I pushed on to the 27-mile point and then had a ham sandwich with Ella's Kitchen 4 Bean Hotpot whilst powerwalking.

"I was worried that a walking break would make it hard to get back into running. However, I was pleased to discover after a couple of minutes running, my rhythm returned and I felt the benefits of the break. I even ran the last three miles at 8:30 minutes per mile! It was a really positive, confidence-boosting experience."

training programmes for specific clients," adds Professor Whyte. "Those returning from injury can benefit significantly from the variable loading of running and walking, which allows for a progressive return to full running. Plus, this method enables those starting a running programme for the first time to increase their running volume (that's the intensity, duration and frequency of run) in line with their adaptation to training."

You don't lose out on the health and fitness benefits when walking, either. Slowing down to a speedy walk provides many of the same body boosters as running – it burns calories (walking at a quick 4mph burns 236-345 calories per hour), improves strength and builds stamina. Data from the National Runners' Health Study and the National Walkers' Health Study also shows that those who burnt the same amount of calories exercising, regardless of whether they ran or walked, reaped the same health rewards – improved cardiovascular health, and a reduced risk of high cholesterol, hypertension and diabetes. "Varying speed with running and walking is often termed 'fartlek' or 'speed play'," explains Professor Whyte. "This type of training, which involves repeating higher intensity running efforts, allows you to work harder than you could for a single running effort. Walking between running efforts means that you recover before your next interval, which helps maintain quality and improves aerobic capacity." Hooray!

WALKING FOR EXPERIENCED RUNNERS

This isn't a method reserved for beginner runners, either. It's a strategy that can (and should) be employed by anyone who wants to run further than they have before, whether that's 15 miles or 100K. To maximise the benefits of walking, Galloway recommends taking short breaks right from the start of a long-distance run – try doing a one-minute walk within the first few miles. This is because the longer you run, the more fatigued your legs get – and you want to save some of that energy for the final stretch, remember. It is a great pacing tactic, too, because it forces you to slow down early in the run and avoid starting too fast. "This approach simulates the reality of running an ultra-race and gives you the chance to practise how to walk-run effectively without slowing too much," adds Claire Donald, owner of Purple Patch Running (purplepatchrunning.com). "It can



Build up to fast walking and eventually run the whole way.

FIND YOUR RHYTHM

From first timers to long-distance pros, the run-walk technique can come in handy for an array of running abilities

FIRST TIME RUNNER

If you're new to running, it's important to take things slowly to give your body a chance to adapt to the activity. Do too much running too soon and your body will be likely to break down. Rather than run up the road at top speed, start by running slowly and then walking purposefully to catch your breath. Repeat this method and you'll be running non-stop in no time!



POST-INJURY RUNNER

Fact – injuries suck. Avoid getting another one by weaving walking sections into your run. Your running muscles won't be as strong as they were before you got injured, so pay attention to your technique. If you feel like your form is falling apart, walk speedily for a bit, keeping your heart rate up, and then try running again. Your body will thank you for it.

DISTANCE RUNNER

Even if you're a proficient runner, you're not too fit to walk. Most (if not all) ultra-runners use the run-walk method to cover long distances. If you're trying to up the amount of miles you can cover, add some walking breaks into your weekly long run. Aim to walk the hills or sections of tough terrain and run the flats, as this will help you avoid burn-out.



IMPROVER RUNNER

If fast times are your goal, walking is great during interval training. Rather than stop between speed efforts, walk to keep the blood flowing. This will not only help you to catch your breath, but also ensures your legs don't feel too heavy on the next effort.



"With every small walking break, you extend the capacity of your running muscles"

Win at walking

Some tips for walking to running success

» START SLOWLY AND FINISH QUICKLY.
Break the start of a long run up into sections of running and walking. When you're near to the finish and know that you can cover the distance non-stop, whether that's two miles or 10 miles, ditch the walking and run on home in style – fast and powerfully.

» PROGRESSIVELY PHASE OUT SOME STROLLING.
Whether you're a newbie or an old strider on the post-injury trail, walk with purpose. Your aim should be to progressively increase the duration of running and decrease the duration of walking until you are able to run full sessions without falling apart

» ADAPT TO THE CONDITIONS.
Even if you can run expertly, there may be times when walking might help you cover the miles. Hot and humid weather may decrease your running ability. You might feel too stressed or anxious to run hard. Or you may just not fancy running a very long way. Be adaptable and run-walk if you need to. A run-walk is better than no run at all.

» DON'T RUN-WALK ALL OF THE TIME.
The run-walk method is great for increasing your running ability but it isn't necessary for every run. If you can run three miles or 30 miles non-stop, do it. Consider following a hybrid plan, during which you run-walk the long runs and run the other weekly sessions.

be useful to eat during a walk, too. Eating while running is practically impossible, as there is hardly any blood in the digestive tract. By slowing to a walk, less blood is needed to exercise and digestion can take place."

Injury-prone runners should also consider using the run-walk method as a way of improving their aerobic foundations. "Run-walk training allows you to increase the volume of running progressively, which can help avoid injury – something that is common when returning to running after an injury or illness," explains Professor Whyte. "In addition, the reduced loading allows you to increase the duration of your session, which will up calorie burn and improve your overall fitness." Great news for comeback runners who've piled on unwanted pounds while sitting on the side-lines. In fact, with every small walking break, you extend the capacity of your running muscles and reduce the chance of getting injured again. This is because running is more intense than walking. To run, you have to lift your legs off the ground and then absorb the impact of landing, which places stress on the joints and causes the muscles to tire quickly; walking doesn't require the same amount of energy or impact absorption so it prevents muscles from fatiguing early on. Unfortunately, injury risk increases when fatigue sets in and your form deteriorates – this is when you might experience a bit of a wobble that can overload the knees, ankles and feet. By avoiding 'the wobble', you'll sidestep the greater injury risk.

THE TRANSITION PERIOD

Warning – the run-walk method isn't for everyone, and there's a time to walk and a distance to run. You needn't walk on short runs, for example. If you can manage the distance without stopping, run it from start to finish. Many people use the run-walk method to gradually increase their ability to run a certain distance non-stop. This is a great use of the strategy and it's easy to achieve. "You can transition to just running when the run-walk starts to feel easy," advises Donald, "The way to do this is to gradually change the run to walk ratio over a number of weeks or even months. Don't put yourself under any pressure to rush this transition period. Some people prefer to keep some walk sections in their runs throughout their entire running life, either as a way of staying relaxed, keeping breathing balanced or increasing distance." And that's OK, too.



DR YVETTE BRINDLE

Summer skin defence

If you aren't already **PROTECTING YOUR SKIN**, you need to start now. Dr Yvette explains the best ways to stay sun smart and minimise your risk of exposure

How often do you think about your skin when you are running? Do you consider protecting it before you set off to expose it to the elements? Well you certainly should, especially this time of year, and here's why.

Your skin is the largest organ in the body, and has several important roles:

- **It is a protective barrier: it prevents infection getting into our body and protects our internal organs from damage**
- **It keeps us waterproof**
- **It helps regulate our body temperature**
- **It helps us detect pressure and pain**

The skin is often overlooked as an organ, and one which is vital to our survival. Skin cancer is on the increase in the UK, and if you aren't protecting your skin already, you need to start now.

HOW COMMON IS SKIN CANCER?

It is the fifth most common cancer in the UK, and the rates are on the increase. Part of this increase is due to a better awareness and a higher rate of detection. However, the real increase has come from sun exposure from holidays and sunbeds.

Malignant melanomas are roughly as prevalent in men as women, but their distribution in terms of body site is different. Melanomas are more common on the legs of women, but more common on the backs of men. For runners, a study has shown that marathon runners are at higher risk from melanoma. The big risk being the time spent in the sun rays.



How aware are you?

We are all told to keep an eye on moles and to notify a healthcare professional if they change. But do you know what you are looking for? See your GP urgently if you have developed a new mole, or if you have a mole that has:

- **» INCREASED IN SIZE**
- **» CHANGED COLOUR (got lighter or darker, or has altered pigment, or 'non-uniform' pigment within)**
- **» CHANGED IN SHAPE (particularly if it has an irregular border)**
- **» BECOME ITCHY OR PAINFUL**
- **» BECOME CRUSTY OR BLED**

The most important sign is a change for you. If you have any doubt, get checked. Taking time to protect your skin as part of your warm-up routine will reduce your risk of developing skin cancer.



Runners are regularly exposed to sun.



Whether it's sunny or overcast, apply sunscreen as part of your prep and avoid getting caught out.





The sun can be so damaging – keep hydrated, cover up with a hat and protect your eyes.

TOP TIPS FOR PROTECTING YOUR SKIN

1 **APPLY SUNSCREEN:** this may seem obvious, but how many of us make this a regular part of our routine before heading out for a run? Sunscreen should be applied before your clothes to avoid missing any areas. Ideally apply it at least 30 minutes before your run to give it chance to soak in. Sun sticks sometimes work better for the face, as they are less likely to run into your eyes. An SPF of 15 should be a minimum, even in England! A cloudy day can be deceptive of the sun's strength.

2 **PROTECT YOUR HEAD:** this is especially important for men with thin hair, or poor hair coverage. The scalp is a common site where skin cancers can develop. Wear a cap if you can to protect this skin.

3 **PROTECT YOUR EYES:** wear polarised sunglasses if you can when running. These will reduce the glare, whilst protecting your eyes and, of course, keeping you looking good!

4 **AVOID RUNS DURING THE MIDDAY SUN,** especially in the summer months. Try to run early morning, or after 4pm.

5 **CHOOSE SUN-PROTECTIVE CLOTHING.** Darker clothing is better at blocking UV light than light and pastel shades. If you prefer the lighter colours, make sure you have applied sunscreen underneath your clothing.

6 **TAKE SUNSCREEN TO RACES AND IDEALLY REAPPLY EVERY TWO HOURS.** Just as you would pack water and protein snacks, taking your sunscreen with you to events should become routine. As you sweat, the sunscreen will lose its protection. You can buy lightweight sunscreen wipes to carry in your pocket, to top up your protection.

The take-home messages should be to both increase your protection and awareness. Look after your skin as you would your heart and lungs. If you have any concerns over a mole or other change in your skin, see your GP.

SKIN CANCER

There are several different types of skin cancer, but the one most commonly heard of is malignant melanoma. To help us understand the different types of cancer, it is useful to look at how our skin is made up.

As you can see from the diagram (left), the top layer of our skin is called the epidermis. This layer varies in its thickness in different areas of the body, being thickest in those areas exposed to most abrasion, such as the hands and feet. It is within the epidermis that basal cell and squamous cell skin cancers develop. These are actually more common than malignant melanomas.

In the deeper layers of the epidermis, there are our pigment-making cells, which are known as melanocytes. Melanin is the protective pigment that is produced when the skin is exposed to sunlight. In darker-skinned individuals melanocytes are more active, and therefore their skin is better protected from the sun's rays. It is these melanocytes that potentially can develop into malignant melanomas.

Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.

ON TEST THIS MONTH

Our product focus feature takes a deeper look at some of the **HOTTEST GEAR** on the market, with an in-depth and honest review that you can trust

SALOMON S-LAB SENSE ULTRA SET 3

£100 *salomon.com/uk*

- No chafing
- Easy to re-fill on the run
- Convenient chest straps



Ultra runner Mimi Anderson tested the new Salomon S-Lab Sense Ultra Set hydration pack during the 145-mile Grand Union Canal Race, in which she finished 1st lady.

WHAT IS IT?

The hydration pack consists of:

»Two Soft Flasks – these are included
»Adjustable fitting system
»Two large elasticated pockets located underneath the soft flask pockets
»One zipped pocket above the right soft flask pocket
»One elasticated pouch above the left soft flask pocket.
»Whistle
»A stuff pocket on the back at the base of the vest
»Two large zipped pockets on the waist
»A large pocket at the top of the pack at the back that also has a smaller pocket inside.
» A good choice of sizes ranging from XS/S M/L to XL



Mimi Anderson, World Record holder:
"It's extremely versatile due to the amount of pockets"

SPECIAL FEATURES

Instead of a traditional 'hydration reservoir', Salomon's Ultra Set hydration pack has two soft flask bottles (500ml each) which sit in the chest straps rather than on your back. This reduces the overall weight and makes it easy to re-fill on the run. I was amazed at how light it felt, weighing in at a mere 110g compared to the 420g of my other Salomon running vest.

The pack is made of very soft, breathable material making it extremely comfortable to wear – it's more like a 'vest top' than a hydration pack. I had no chafing during any of my runs and the adjustable fitting system meant no bouncing.

WHAT'S SO GREAT ABOUT IT?

Although the pack carries only 3ltr in total volume, it's extremely versatile due to the amount of pockets. When racing I found everything was easily accessible without having to take the pack off. Drinking is easy; you simply pull the pack up and take a sip from one of the 'soft flasks'.

Items such as my emergency kit were placed in a waterproof bag in the large top back pocket. Even fully loaded the pack worked well.

The two soft flask bottles (500ml each) which sit in the chest straps, rather than having a reservoir on your back, reduce the overall weight and make it really easy to re-fill on the run.

The stuff pocket on the back is big enough to put your waterproof jacket in, and if the rain comes down, you simply reach behind you, pull out the jacket and put it on over the pack. Everything is designed to make life much easier while on the run.

Snacks I needed easy access to were placed in the two large elasticated pockets underneath the soft flasks; Everything else, such as my mobile phone, head-torch, spare food, gloves, and so on, fitted nicely into the two zipped pockets located either side of the pack.

I really think this pack is perfect for your mid/long run and can even be used for ultra events such as the UTMB, Lakeland 100 and all the Centurion Running 100 milers. I would highly recommend it for runners of all abilities, especially those who find traditional hydration back packs uncomfortable and who are looking for a lightweight and super-comfortable hydration solution. RF



The Salomon S-LAB Sense Ultra 3 was tested by World Record holder and ultra runner, **Mimi Anderson marvellousmimi.com**





CARIBBEAN RUNNING DESTINATIONS

Combining exotic R&R with PBs and kms makes for a perfect **CARIBBEAN RUN-CATION.** Here are some of the best





As a winter sunspot, the Caribbean is a complete no-brainer. But while many of us long for sandy beaches and that relaxed Caribbean flair, we rarely manage to successfully convince ourselves to spend a decent chunk of cash on it. Deciding it was time to check out the notion of run-cations, *Running Fitness* delved into the Caribbean running scene – after all, can't the cost of a transatlantic flight be offset by the satisfaction of a PB?

While it's unlikely that you've considered the Caribbean as your next running race destination, it's certainly somewhere that we've got firmly fixed on our radar. Think about it, no more grimy British high streets, no more tales of running along the side of an A-road, past potholes and portaloos. And as for the post-race euphoria and much-deserved relaxing – think idyllic sun-drenched sandy beaches, exquisite cocktails, sumptuous local cuisine and agreeable lazing by the pool; where else could be more appealing?

Having been hit badly by the global financial crisis, the Caribbean is now finally seeing a resurgence in visitors, with figures on the up for the first time since 2007, and international participation in Caribbean races is growing year on year. Much more than just the retreat of the rich and famous, the Caribbean islands, which number more than 7,000, are home to countless running-mad locals – much like the UK.

When it comes to the Caribbean, it's easy to presume we know what to expect but once you're toeing the start-line of a race, elbow to elbow with locals, you'll certainly see the island from a different perspective. With so many races happening during their high season of December to April, there's a huge choice. We've chosen five very different destinations, each with their own appeal for those looking for a new run-based holiday.

HOT TO TROT

The fun-filled exotic **REGGAE MARATHON** is held in the heart of the Caribbean. Steve Wright travelled to Jamaica to test out his endurance in the heat

In total some 1,582 runners pounded down the road at 5.15am at the start of the 2014 Reggae Marathon, held in the relatively cooler month of December. Of these, most of the runners were taking part in the 10K and Half Marathon race, with just 151 runners (99 men and 52 women) attempting to complete the full marathon distance.

For all of the runners, we found ourselves getting ready just before 5am with the temperature fluctuating around 30 degrees centigrade, with a variable cool breeze providing some welcome relief. The marathon distance essentially consisted of two circuits along the road at seven mile beach, Negril, on the North Westerly coast of Jamaica.

We started running South for the first three miles before the turnaround point to head back North towards the start. Most of the 10k runners filtered off from the rest of us to finish the race still in darkness. Meanwhile, the competitors in the half and full marathon continued North, heading towards 'Bloody Bay' and 'Salt Creek' and before long the sun began its inevitable rise over the palm trees.

Less than a third of the way into the race and the heat began to pick up, but it was still possible, at least most of the time, to escape the full force of the sun by running in the shade at the side of the road. The water and sports drink stations at every mile offered a welcome relief; I had decided that no matter how thirsty I felt, I would take a drink at every opportunity. I never regretted this decision even if I did have to stop for a wee a couple of times!

The turnaround point for heading back South was around the nine-and-a-half mile point, this meant running on the other side of the road, which was a bit more exposed to the sun. I do enjoy races where you can see the leaders running back towards you; I much prefer to compete than cheer the leaders, but you can do both this way. Sometimes, in a race like this you can also count the runners coming towards you to work out what position you are in. Anything to take your mind of what is ahead of you is a good thing in my view.

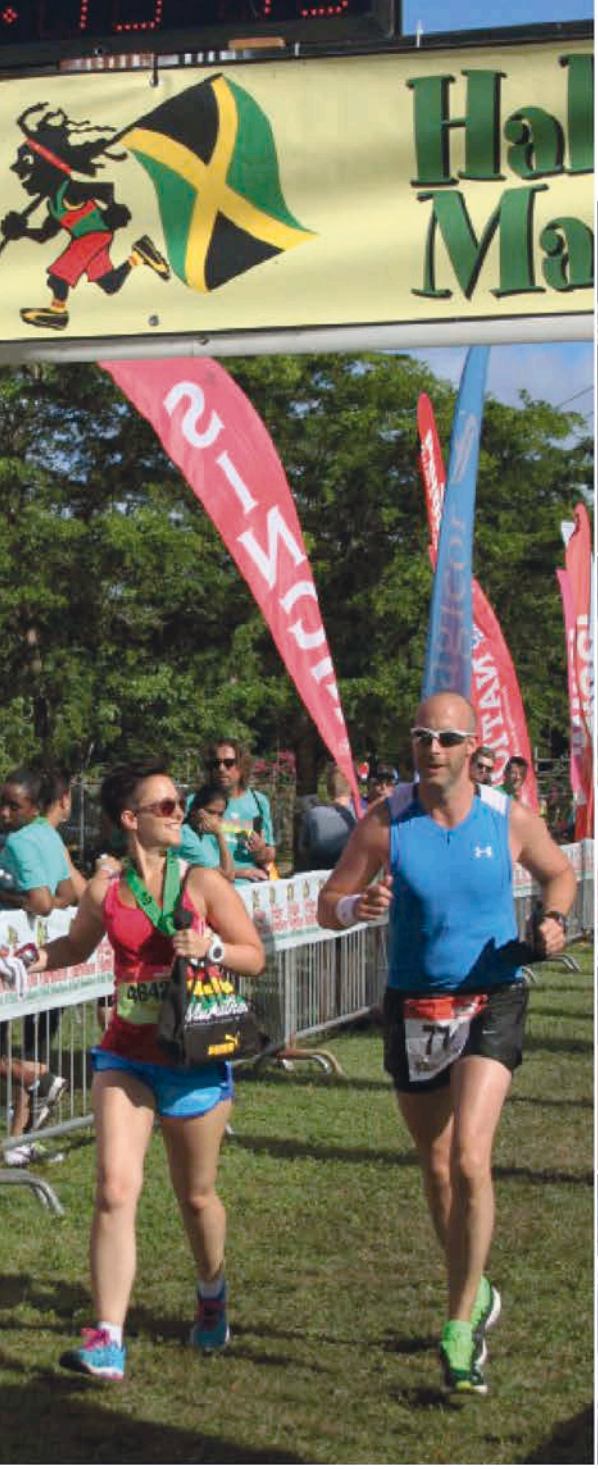


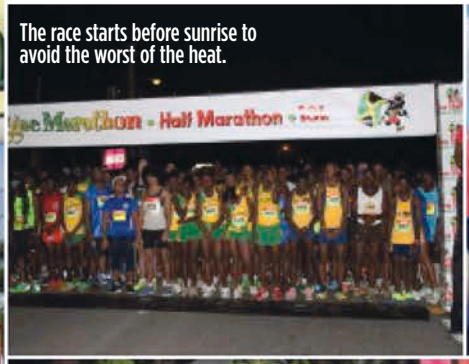
It was amazing to spot one finisher go back to give a friend moral support

GETTING TOUGHER

Miles ten to 13 were a bit of a challenge for me, as the temperature continued to rise, and I had not trained as much as I would have liked to due to a calf injury. Stopping briefly to take photos helped to take my mind off the miles ahead of me, but I was grateful when I settled into a slower but steady pace with a runner I got chatting to just beyond the 13-mile mark. We ran together for six miles and this really helped me get through a psychologically tough stretch of the race. Once I got to mile 20 I knew I could finish the race and started to up my pace, determined to finish inside of four hours.

Over the final six miles the heat became relentless, with the sun directly overhead. I found myself taking two bags of water from each mile station, drinking one and rationing the other to dribble over my head;





The race starts before sunrise to avoid the worst of the heat.


The marathon is run by runners of all ages.


The great atmosphere helps runners muster a smile for the camera


Free beer for every runner will always go down well!

TOP FACT

Fresh coconut water, given to runners at the end of this marathon, is cholesterol-free and has amazing hydrating properties – ideal for a post-run drink!


Part of the joy of this marathon is the dip in the crystal clear sea afterwards.


Steve polishes off a well-earned bottle of beer.

generally I managed to make the second bag last at least half a mile in this way. I was well on target for under four hours but wondering if my recovering calf muscle was going to hold the distance. In the end I think it was the heat that perhaps helped here – I finished a bit hot but not bothered, with no niggles in 3:55.24. It's my best guess that this race adds anything from 10 to 25 minutes on to your marathon time when compared to a more temperate one, but what an experience! At the end we were greeted with our medals, free beer and coconut milk to drink fresh from the husk. And shortly after, most of the runners walked to the sandy beach and into the Caribbean sea for a relaxing swim.

SEIZE THE DAY

It's easy to lose sense of the time of day with this event, having woken up around 3am and started the race at 5.15. Once all of the runners from our hotel had finished and were ready to head off, we still had most of the day ahead of us! We all boarded a bus back to the resort, getting there with plenty of time for lunch!

The course record for the marathon is 2:21:05 for the men, set in 2001, and 2:42.25 for the women, also set in 2001. Rupert Green, a local lad set the winning time of 2:34:35 in 2014, with the determined Barb Brennan from Bedford Nova Scotia the last to cross the line in 8:24:47.

Details: The next Reggae Marathon, half marathon and 10k will be held on 5 December 2015. Online registration is open now, visit reggaemarathon.com for more details. Register before 1 August 2015 to enjoy a discounted price. Registration closes 1 December 2015. Entrants must be over 18 for the marathon, 14 for the half marathon and 10 for the 10k.

Run in the sun

The Caribbean offers up so many **FUN AND INSPIRING** marathons. Here's a few that are firmly on our wish list



RUN BARBADOS

WHERE IS IT? An 8.5-hour flight from London, the races are centred around the island's capital, Bridgetown, with the half marathon starting from the bandstand on the coast and heading up the west coast for an out-and-back to Holetown. At just 21 miles by 14 miles, the island in all its natural and man-made diversity is well worth a visit.

WHAT'S THE RACE? Three days in which Barbados is overcome by running fever, an event that has been organised for over thirty years with the proven slogan of 'Come for the run, stay for the fun.' With races of 3km, 5km, 10km and a half marathon, there's something for everyone.

WHEN IS IT? The RUN BARBADOS weekend always takes place at the beginning of December, which is great news for tourists, as prices don't reach their peak until mid-December.

WHY GO? A spectacular coral island with volcanic activity to thank for its existence, Barbados is also considered one of the calmest and safest Caribbean islands, so visitors are positively encouraged to explore. From the stunning and stylish resort-heavy west coast to the wilds of the wind-battered east and the rolling sugar plantations in the centre, its locals will certainly greet you warmly. Is it worth mentioning the incredible weather and beaches? BA also offers great flights to combine a trip to New York.

WINNING TIMES 2013: 10k – 31:18, Half Marathon: 1:09:04

runbarbados.org

ABOVE Once you've exhausted yourself in Barbados's three-day running festival, stay on a few days and experience the laid-back life on the island while you recover.

RIGHT: Challenge yourself to a PB on this flat half-marathon course, then treat yourself to a celebration with the locals in a traditional after-party.

BAHAMAS HALF

WHERE IS IT? Just off Florida, there are non-stop flights from London to the capital Nassau and the race starts from Arawak Cay. A sprawling collection of coral-based islands will have you launching yourself into glistening, clear blue waters.

WHAT'S THE RACE? The flattest, fastest certified half marathon course in the area with an individual half marathon, a three-person half marathon relay and a 10km. Runners can expect a traditional post-race Bahamian breakfast of Chicken Souse, along with Johnny Cake. There is an after-party too, including a Junkanoo rush-out, a traditional Bahamian costume and music festival.

WHEN IS IT? 22 November 2015, making it earlier than the Christmas rush, meaning slightly cheaper flights and placing it in optimal weather conditions (22-23˚C during the race).

WHY GO? Race organiser Lee McCoy: "There are myriad things to do alongside the races. The host hotel is the British Colonial Hilton, located downtown, and by November the BahaMar resort will be open but many hotels will have special rates for the race weekend. There are a variety of daily excursions and tours available too, many of which can be found on Bahamas.com or TripAdvisor."

COURSE WINNERS 2014: Male 1:11, female 1:34

bahamashalf.com







BERMUDA MARATHON WEEKEND

WHERE IS IT? Not technically in the Caribbean, but often lumped in with this huge cluster of islands, Bermuda is actually located about 1,000 miles further north and therefore shares the same summertime as the UK, with high season running between April and October.

WHAT'S THE RACE? It's three days dedicated to running on this tiny island, with a one-mile dash on the Friday evening, 10km on the Saturday and both a marathon and half marathon on the Sunday. There's the added satisfaction of running three events in three days to complete the coveted Bermuda Triangle Challenge.

WHEN IS IT? 15 – 17 January 2016, perfect to break up what often feels like the longest and hardest month of the year.

WHY GO? The satisfying swish of the waves over that elusive 'pink sand' that we hear so much about, the British heritage with a calypso twist, the pastel buildings, the satisfying feat of completing three races in three days before collapsing onto the beach with a cocktail. Bermuda is a small island that measures just 21 miles by one mile wide, so more than accessible on foot for runners. However, if your legs are too tired to jog the island for your warm-down then local buses are the best way to explore it.

WINNING TIMES 2015: male 10km + marathon + mile 3:45.40, female 10km + marathon + mile 4:25.44

bermudaraceweekend.com

ABOVE: You're spoilt for choice with several running events going on at the same time in Bermuda. *RF* loves the idea of the Bermuda Triangle challenge.

RIGHT: Cuba's marathon attracts a huge number of runners. Take the whole family and they can enter the shorter distances or just cheer you on!

OUR TIPS:

» Once you've chosen your destination and your race plan, it's time to think logistics. Long-haul flights are notably tough on the body so it's crucial that you stay hydrated on the plane. Set your watch to local time as soon as you're strapped in as research has shown how our body clocks are largely set by our food intake. As creatures of food and habit, our bodies adjust accordingly – so don't be afraid to turn down the in-flight meal – or keep it for later – if it's not the right time of day.

» Temperatures are markedly higher than in the UK – even if the locals consider it a little chilly in early December. Think of a beautifully hot May bank holiday and you'll be around right. Shorts, vest and sunglasses are a given for your race-day kit and take care not to spend too much time in the sun prior to the race as this will leave you lethargic.

MARABANA CUBA

WHERE IS IT? The Caribbean's biggest island, Cuba is also perhaps one of the most fascinating countries in the Caribbean – as well as being the least luxury-resort dense. Located just outside of the Gulf of Mexico, the capital Havana is the setting for the marathon and half marathon, but you'll want time on either side to explore the rest of the island's landscape and staying at locals' homes is a great recommendation (cubacasas.net).

WHAT'S THE RACE? Officially called the Marabana Cuba, there's a marathon, half marathon and 10km all taking place at the same time, looping around the capital and along the stunning coastline and boardwalk. The marathon takes in two laps of an IAAF certified half marathon course.

WHEN IS IT? 15 November 2015

WHY GO? With a history like Cuba's, exploring its colonial architecture, vibrant jazz and salsa cultures and lively markets should feature highly on your agenda. If a functioning communist country isn't enough to fascinate you, what about the rum? The nightlife? The culture? And the race organisers have made our lives much easier by offering three comprehensive packages around the race: express, low-cost and standard.

COURSE RECORDS: Marathon: men 2:13:37, women 2:43:29. Half marathon: men 1:04:10, women 1:14:56.

havanamarathon.net



Q&A

Our team of experts are on hand to answer your **RUNNING-RELATED QUESTIONS**, from training to nutrition, health to injury prevention

ASK *the* EXPERTS

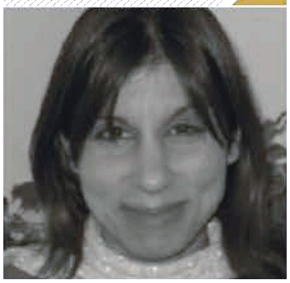
AM I GETTING ENOUGH PROTEIN?

Q I'm a vegetarian and run 4-5 times a week, for 45 mins, sometimes longer. I'm currently training for a half marathon in August, so am starting to increase my mileage and do two speed sessions a week. I'm trying to make sure I eat enough protein for muscle recovery, so eggs are first on my list as I love them! But I have heard that its possible to eat too many eggs – is this true? What other protein can I eat for muscle recovery?

Suzie Harden



Eggs are an important part of a vegetarian athlete's diet.



NUTRITION

RENEE MCGREGOR

A registered Dietitian and Sports Nutritionist working with all levels of athletes from recreational to elite; junior and adult, Renee is a keen runner with a 3.17 marathon PB and is the author of Training Food

trainingfood.co.uk

A There are two parts to answering your question. Let's start with eggs; there used to be some concern regarding the number of eggs an individual should eat due to their links with high cholesterol. However, there is no evidence to suggest that eating eggs increases your cholesterol directly. We make cholesterol within our body; if you have a very high fat and sugar diet you will make more LDL cholesterol and triglycerides which are linked with heart disease.

On the flip side of that, the more exercise we do the more HDL cholesterol you make and this helps to counteract the bad cholesterol. Eggs are often thought of as a high fat food but the average egg when boiled or poached contains 5g of fat of which only 1.5g of it are saturated; they are high in protein, rich in B vitamins, especially B12 and iron, both really important for the vegetarian diet which can often be limiting in these key nutrients. So eggs are a key food source in every vegetarian diet.

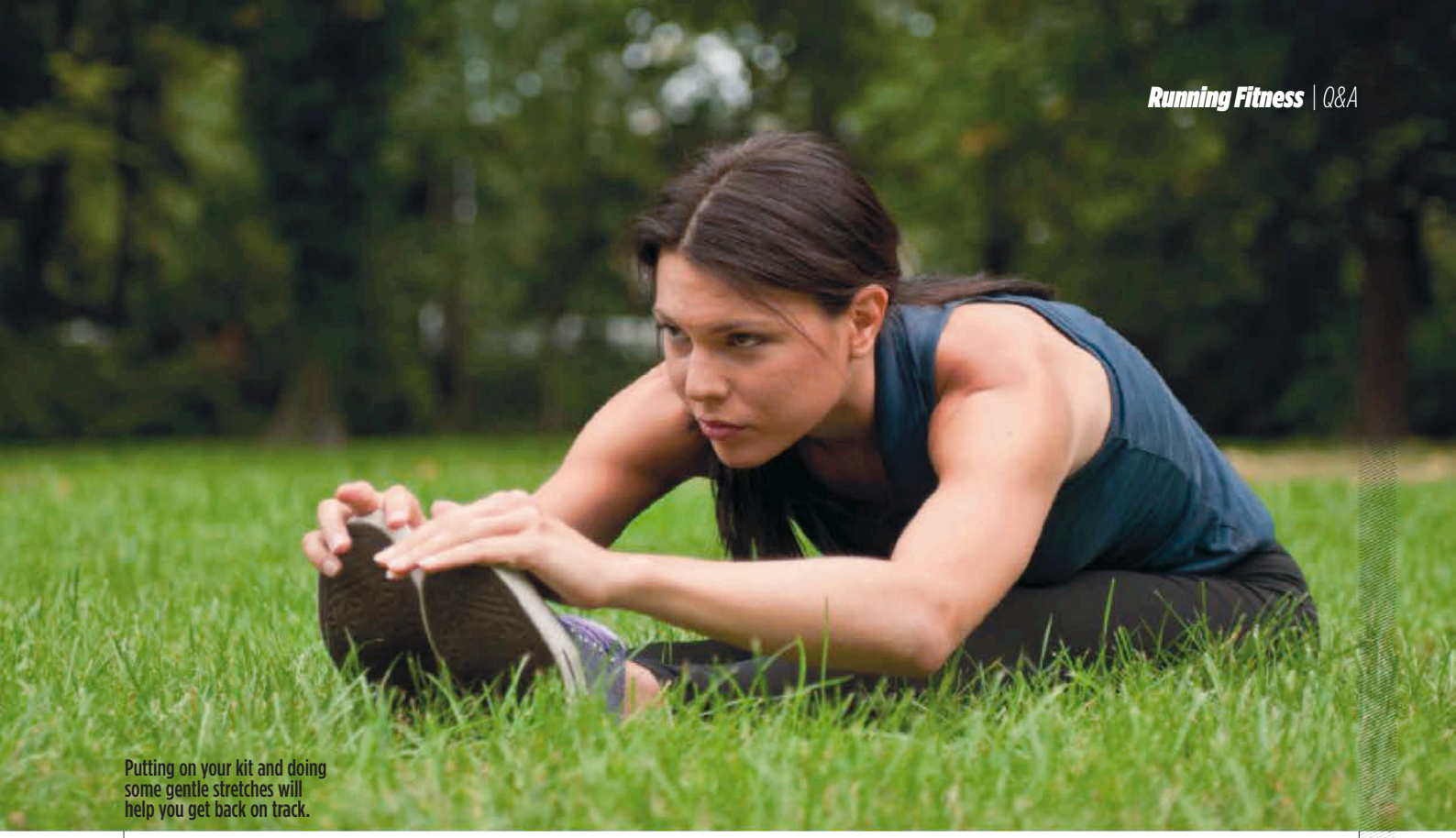
The second part of the answer is relating to recovery directly. There is the common belief that it is necessary to consume recovery food 15-30 mins after exercise. There is some truth in this but only if:

- **The exercise was high intensity;**
- **You will be doing another session less than 12 hours**
- **It will be over two hours until your next meal.**

If any of the above apply, then the best recovery choice by far is milk. There have been numerous studies demonstrating that milk has the ideal mix of carbohydrate to protein ratio to aid glycogen resynthesis, muscle repair and adaptation. Not only that, it starts the rehydration process after a tough run as well as replacing electrolytes. All this from one product!

If, however, none of the scenarios are applicable then it is important to consume a good source of protein within 2 hours of your run. Eggs on toast; beans on toast; bagel with peanut butter; tofu stir fry are all good vegetarian recovery meal options.

Remember your muscles are constantly trying to repair from exercise so don't just think about your immediate recovery; consume regular servings of protein throughout the day. Other good sources of protein include nuts, seeds, yoghurt and cheese.



Putting on your kit and doing some gentle stretches will help you get back on track.

REGAINING CONFIDENCE

Q I used to run three to four times a week, around 10k, and planned to race a half marathon at the end of the year, but a knee injury stopped me in my tracks. After months of rest, it's now better, but I've lost all my confidence with running. I've been out for a few runs, but I can't seem to get far and it's demotivating. I now don't run at all, and don't know where to begin. I'd love to get back to running 10k comfortably, but can't face putting my trainers on. Please help!
Shelley Arnold

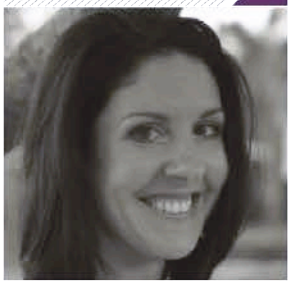
A I'm sorry to hear you've had an injury glitch to your running, and are now finding it hard to regain your confidence. The good news, however, is that you can and will get your mojo back – you just need to learn how to incorporate a few simple skills into your lifestyle.

First, start with just that – putting on your trainers! And just get used to wearing running kit again without going out for a run. You will still be stretching your comfort zone after months of no running, and so it will give you confidence without you realising it (see our comfort zone article on p58). Do some gentle warm-up exercises/stretching – again, without running. It sounds like you just need to freshen up your interest in running so give running a miss for a week and set yourself the goal of going for a walk instead. If you feel like breaking into a little jog while on your walk then that's great – but don't have expectations of running.

If you keep thinking about where you once were (i.e. running 10k three times a week) instead of where you are now, you'll likely lose motivation because of wanting to be back to full speed. The reality is, although you are still the same person, you are currently at a different stage in terms of fitness (keep it real!) in that you are rehabilitating after a knee injury, so be patient and stick to doing your prescribed knee exercises, and check in with your physio/practitioner regarding your knee, if you need some reassurance and support.

Running in company often takes your mind off past injuries and can help you relax so organise a run each week with a good friend, or join your local running club. And think little and often. Even a 20 min run will help boost your confidence without you even realising it. Focus on consistency of running, not distance. Running for 10 mins twice a day is better for your confidence (and potentially your body, as it gradually gets stronger) than an hour's tense run once a week.

Finally, and perhaps the most important tactic to start using is self-talk. And the key point is to address yourself by your first name, e.g. 'C'mon Shelley, put your trainers on and go for a good long walk.' Researchers have discovered that using one's first name in self-talk minimises social anxiety and eases the workload on the brain! And while positive affirmations might seem cheesy, new research has found that positive affirmations help widen our perspective on our self, help mitigate bad blows and alleviate defensiveness. Go for it!



PSYCHOLOGY
EVIE SERVENTI
is deputy editor at ***Running Fitness*** magazine. She is a qualified journalist, keen runner and triathlete, and health mentor. She is also studying sports psychology and has a dedicated interest in training your mind.
@hotoffthepage
evieserventi.com



Want to avoid blisters? Ditch your trainers after 300-500 miles and replace cotton socks with special running socks.

WHY AM I GETTING BLISTERS?

Q I've recently started to get blisters on the balls of my feet each time I run (usually for around an hour, twice a week). I didn't experience any problems when I first took up running last summer, gradually upping my distance from 5k to 10k over the winter. My legs don't get tired and I want to run further, but the blister pain is holding me back.

I run in thick cotton socks – and at the moment, plasters! Are there any padded-style running socks that would make a difference? Or could it be down to my running style, or the trainers I wear? I try to use a foot file and moisturise but it's often something I forget to do after a shower and the skin on the soles of my feet can get very hard. Any suggestions or advice would be most welcome, thank you.

Isobel Andrews



HEALTH
DR YVETTE BRINDLE
is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.

A Blisters can be a frustrating and painful hindrance to runners, affecting performance and sometimes seeing a temporary end to training. But they are actually a protective mechanism of the body, preventing damage to the tissues underlying the skin surface. They form when there is friction or abrasion to the skin. The difficulty sometimes can be in pinpointing the cause of this. For you, it is clear something has changed recently that wasn't a problem when you were building up your distance last year. It is helpful to identify some potential triggers, as eliminating these can hopefully see an end to the problem.

Firstly, have a look at your trainers. We should be thinking about changing our trainers every 300-500 miles. This is a rough guide, as there are lots of factors which influence how long our trainers last, such as the terrain we run on. By my calculations, you should have at least changed your trainers once since you started running last summer. Trainers which don't fit correctly will create friction on your feet and cause blisters, so make sure your next pair are tailored to your feet – visit a specialist running store for this.

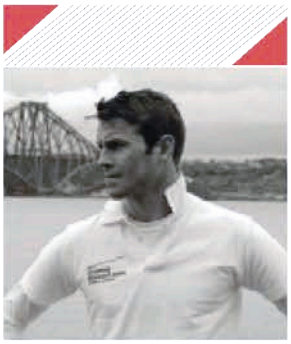
Secondly, have a look at your socks. Swap your cotton socks for synthetic socks, which wick moisture away from the skin. Cotton socks hold moisture against the skin, which then softens the skin, and makes it more susceptible to friction damage. Specialist running socks, with extra padding around the areas of the foot most exposed to friction, can make a difference and are certainly worth a try.

Thirdly, have a look at what products are available over the counter. There are several topical lubricants that you can buy, which you can cover your feet in before your run. The theory behind these is that they reduce friction at the skin surface. Similarly, there are tapes and plasters available, which can help absorb some of the friction at the skin surface. These are applied to those hot spots which are prone to blister formation.

Finally, when blisters develop, try to avoid the temptation to burst them. That fluid inside them is sterile, and is protecting the underlying healing tissues. If the blister does burst, keep the area as clean and dry as you can. Best of luck!



A few simple changes to your routine can help you say goodbye to leg cramps.



TRAINING

GRAEME STEWART

A professional triathlete and coach with 10 years experience in medical research, Graeme is a UK ambassador for OSMO nutrition and Enhanced Nation.
graemestewart.com

CURE FOR CRAMPING?

Q I have been running for two years and have finished two marathons, Leicester and London, but both times I suffered from leg cramps from 23 miles. This problem is costing me time as I still have plenty of energy and the pace to run but the cramping slows me down. For example, I finished London in 3.15.05, missing a good for age time (I'm 43) by 5 seconds and looking at my Garmin splits I was down for 3.05 so you can see my frustration. I am part of a running club so I train and race regularly. I have no diet or hydration problems. How can I cure this problem?
Stephen Penney

A Great question and well done on achieving such great times despite your cramping problems. The truth is, cramping is a problem we do not fully understand but some individuals are clearly predisposed to get them. The good news is there are plenty of things you can try.

The two key areas you need to focus on are:

» **Hydration and electrolyte intake**
» **Training, fitness and race pacing**

Dehydration and electrolyte disturbances have been the traditional explanation for muscle cramps for 100 years, despite a lack of hard evidence. The problem is that studies looking at large groups of people during marathons fail to find any correlation between hydration status and cramping. Despite this, we know that for cramp-prone individuals, supplementing with electrolytes during a race does help and proper hydration with adequate electrolytes is essential for peak performance. Use a hydration-specific drink such as OSMO active hydration with at least 300mg sodium per 500ml. If you can't get that during your race, then electrolyte supplements such as salt sticks have also been shown to be effective.

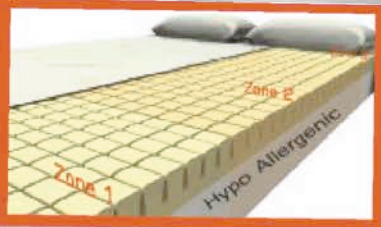
More recently, fatigue-related disturbances in muscle reflexes have been thought to be the real cause of cramps. When we run, tendons are loaded and to prevent overloading, negative signals are sent back to the muscle via the spine to stop muscle contraction. At the same time, to prevent muscles becoming overstretched, positive signals are sent again via the spine make it contract. As we get more fatigued there is a decrease in the negative signals and increase in the positive signals, leading to cramps. Regular stretching is essential and will help prevent cramping if done regularly.

To address the issue of fatigue, you need to look at your training and racing strategy. Are you really doing the right training for a 3:05 marathon or are you training with slower club mates or skipping the hard tempo runs? Ensure you have the mileage and intensity of training at the right speed to support your time goals.

Finally, work out a pacing plan for race day and stick to it; if you set off too fast you are far more likely to cramp than if you start at your target pace. Take these steps and you should see some improvement – happy cramp-free running!

DO YOU HAVE A QUESTION? Email the team at rf.ed@kelsey.co.uk
Twitter: *@Runfitmag* Facebook: *facebook.com/RunningFitness*

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GEORGE F WINTER

Stress Fracture UK Study

Exposing bones to high levels of stress without recovery time can be dangerous. George examines a **GROUNDBREAKING STUDY** on British female athletes



Stress fractures typically come on suddenly.

According to Professor Tim Noakes' *Lore of Running* (4th edition, 2003), stress fractures (SFs) occur in only three animals: humans, greyhounds and race horses – all athletes. SFs often arise with no warning but with a rapid onset of pain – typically in the lower limb, especially in the shin and toe bones – and are the commonest overuse injury among athletes.

Female endurance athletes are more prone to sustaining SFs than their male counterparts. Risk factors include:

- **Menstrual abnormalities**
- **Low bone density**
- **Disordered eating**
- **Decreased strength**

In 2012 Dr Rachel Duckham (supported by the National Centre for Sport and Exercise Medicine, Loughborough University, UK) was the lead author of a paper showing that compulsive exercise and amenorrhea (absence of monthly periods) are independently linked to SF in females.

NEW DATA

Now, in the first European study of its kind, published in the *Scandinavian Journal of Medicine & Science in Sports*, Dr Duckham and colleagues have described 'Stress fracture injury in female endurance athletes in the United Kingdom: A 12-month prospective study.'

Over the course of a year they investigated 61 healthy, injury-free athletes, who competed at national or international level or who trained '…at least 8–10 hours per week for endurance athletes or 15–20 hours per week for triathletes.' The participants provided data on training, nutrition and lifestyle and underwent a range of physiological measurements.

Two athletes sustained a SF – one at the base of the spine; the other in the foot – over the study period: an incidence of 3.3%. This is much less than that of 20.7% reported in a study of track and field athletes in 1996, but closer to the incidence of 7.7% found for cross-country runners in a 2007 report. Curiously, although there was a high prevalence (47.5%) of menstrual dysfunction among participants, they had high bone mineral densities. The researchers stated that '… the cause of SF in the present study was not related to the potential risk factors of SF such as menstrual dysfunction but could have been a result of changes in training.' Both SFs occurred at the start of the track season, with a sharp change in emphasis from winter endurance running to intense summer track sessions.

NO SUDDEN CHANGES

'We found that SFs are not as common as reported previously,' said Rachel, who is currently working at the Centre for Physical Activity and Nutrition Research (CPAN), Deakin University, Melbourne, Australia. She told *RF*: "It's important to remember that the findings from the current study were in a group of elite female endurance athletes who may have more medical support than most female runners. The SFs that occurred seemed to be related to changes in training practices, showing that you don't necessarily need to be young, have amenorrhea or low bone density to have a stress fracture."

Rachel also emphasised that SFs are overuse injuries which often occur when the bone is not given adequate time to recover from high levels of stress: "SFs are most common in female athletes," she explained, "but they can occur in men too. Although the risk factors for SF are different for men and women, and our work concentrates on women, it's important for all athletes, male or female, to give the body time to recover from injury and to be careful about sudden increases in training intensity or duration. Excessive or compulsive exercise can result in injury which will affect future training and performance."

As to future research, Rachel said: "I'm currently working on a study with a group in the US, which will hopefully help to explain why stress fractures occur in female athletes with none of the current identified risk factors for stress fracture, such as amenorrhoea, disordered eating and low bone density."

"SFs are most common in female athletes, but they can occur in men too"

A keen long-distance runner and freelance writer, **George F Winter** is a Fellow of the Institute of Biomedical Science

RUNNING IN THE HEAT

We're far more likely to run outside when the weather is warm and the ground is dry. Follow these **5 TOP TIPS** to keep safe in the summer sun

1 ADJUST YOUR PACE

During exercise our core temperature naturally rises. We then sweat to dissipate the heat and our body cools itself. But when it's very hot outside, it becomes harder for our bodies to cool and you have no choice but to adjust your pace and slow down. It's simply not possible to run at the same pace when it's 30 degrees.



US Coach Jeff Gaudette of Runners Connect has come up with a temperature calculator showing how you should adjust your pace as the temperature rises and also the effect on your race times. For every 10-degree increase in temperature (above 15 degrees) you may have to reduce your pace by 30 seconds per mile or more (runnersconnect.net/training/tools/temperature-calculator/)

And a 5-hour marathon might turn into a six hour finish time if the temperature rises over 30 degrees (for first-hand experience, see our Jamaican Reggae Marathon race review on p43).

So don't beat yourself up if you didn't get that new PB or your session felt really hard. It's not your lack of fitness or ability, simply a physiological fact that you can't control. Hot summer days aren't the time for hard races or speedwork – in fact it could be dangerous and lead to overheating. Just keep the pace easy and accept that running will feel harder.

2 TRY A COLD SHOWER BEFORE YOUR RUN

Remember Paula Radcliffe at Athens Olympics when she wore an ice vest before the race? 'Pre-cooling' is a proven way to regulate body temperature better in the heat and is a technique used by many Olympic athletes. A study back in 1999 in Denmark found that athletes who 'pre-cooled' before exercise were able to exercise for longer. By lowering core temperature before a run, it takes longer to reach the temperature threshold where performance declines. One particular study showed a 16% performance improvement after 'pre-cooling'.

Try your own 'pre-cooling' techniques before your next hot summer run. Try a cool shower or bath for 10-15 minutes. Eat an ice lolly or frozen sports drink or drape cold/frozen towels over your head, neck and back for 10 minutes before you head out.

3 HYDRATION

It sounds obvious, but hydration is one of the most important factors in avoiding heat-related illness and getting the most out of your summer running. Drink little and often during the day to maintain fluid balance and aim for pale straw-coloured (not clear) urine.

Then during any run lasting more than 30 minutes in hot conditions, take a drink with you (preferably in a hydration back pack).

Avoid sugary sports drinks – which aren't absorbed well – and instead choose a 'hydration product' which has the correct blend of carbohydrate, sodium and potassium concentrations. Drinks such as SOS rehydrate, OSMO or Skratch Labs are hydration drinks and will be absorbed by the body more effectively. Sip small amounts little and often on the run – aim for 200-600ml per hour.



4 WHERE AND WHEN TO RUN?

Check the weather forecast and plan your runs for the week ahead. It makes sense to go out early in the morning or later in the evening when the temperature is cooler. Avoid the midday sun and the heat of the day. It's always hotter in towns and cities due to the buildings, tarmac and concrete, so head off-road onto the trail if you can, where it's cool and shady in the woods. And if the mercury is really rising, then you might have to bite the bullet and hit the treadmill.

Choose your races with care too. If you know that you suffer in the heat more than most, then pick events that start very early in the morning, or stick to racing in the spring and autumn.

Luckily, however, we can adapt to the stress of heat with repeated exposure and get used to it. We begin to sweat earlier; our sweat glands fatigue less and the body distributes sweat better. There's also a reduced sodium content to our sweat, which helps with fluid retention. Better sweating means better cooling and lower core temperature, making heat illness less likely.

As the summer goes on, you may find you experience an element of 'heat adaptation' and running in the heat begins to feel easier.

5 WHAT TO WEAR

Choose technical fabrics which wick sweat away from the body and bear in mind that it's worth investing in specially designed kit to aid cooling. It's vital to allow sweat evaporation. Shop around – some fabrics also offer UV protection.

Loose-fitting vests and shorts can be more comfortable, allowing your body to cool more efficiently. Lighter colours will reflect the light and heat – so the best thing to do is ditch the black tights and dark colours and wear as little as possible!

Invest in a pair of good quality polarized sunglasses and wear a lightweight technical fabric cap or bandanna.

A normal high factor sun screen can block pores, so opt for a sport specific lotion – such as P20 or Ultrasun with SPF of 30 or more – which doesn't affect sweating.



TAKE 3: SUMMER ESSENTIALS

X-Bionic The Trick Shirt £90
Helps with temperature control thanks to some niche design features. The spine of the shirt has an insulating pad, which simulates overheating and allows early sweat production to kick in. Very clever.
x-bionic.com

Osprey Rev 1.5 Back pack £50
Carry your drink on the run with the Osprey Rev 1.5 hydration pack. With a 1.5ltr fluid reservoir and lots of pockets for snacks and your phone. The 'Bio-stretch' Body-wrap harness keeps it secure and bounce-free.
ospreyeurope.com

Visor Summer Buff £20
This funky 'summer' buff has lighter sweat wicking fabric, UV protection and a soft peak to protect your eyes from the sun. In a range of great colours.
buffwear.co.uk

"Sip small amounts little and often on the run"



DANGER SIGNS OF HEAT STROKE

Heat stroke in runners is usually caused by strenuous exercise in a hot environment and can be fatal. It can be prevented by correct hydration, pacing (slowing down), cooling and being aware of symptoms. If you, or a fellow runner, have the following symptoms then seek immediate medical attention:

» EXTREME THIRST AND DEHYDRATION
» HEADACHE, DIZZINESS OR WEAKNESS
» VOMITING, NAUSEA OR DIARRHOEA
» INCREASED HEART RATE, DROP IN BLOOD PRESSURE OR FAST BREATHING
» EXCESSIVE FATIGUE OR COLLAPSE
» HOT AND WET OR DRY SKIN
» CONFUSION

Treatment is to cool the athlete as quickly as possible, preferably using cold water immersion.

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goreapparel.co.uk



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pocsports.com



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osmonutrition.co.uk



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odlo.co.uk



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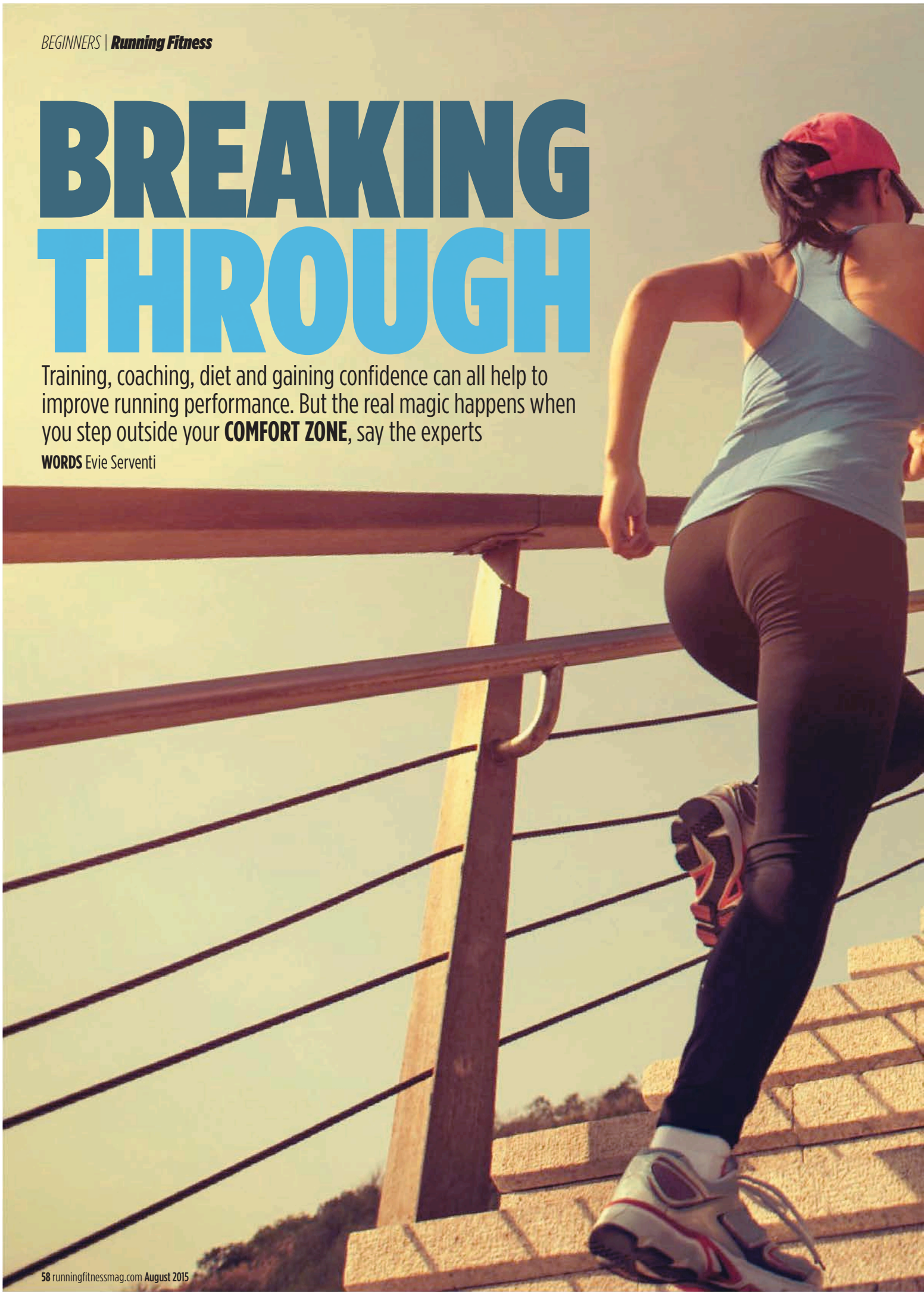
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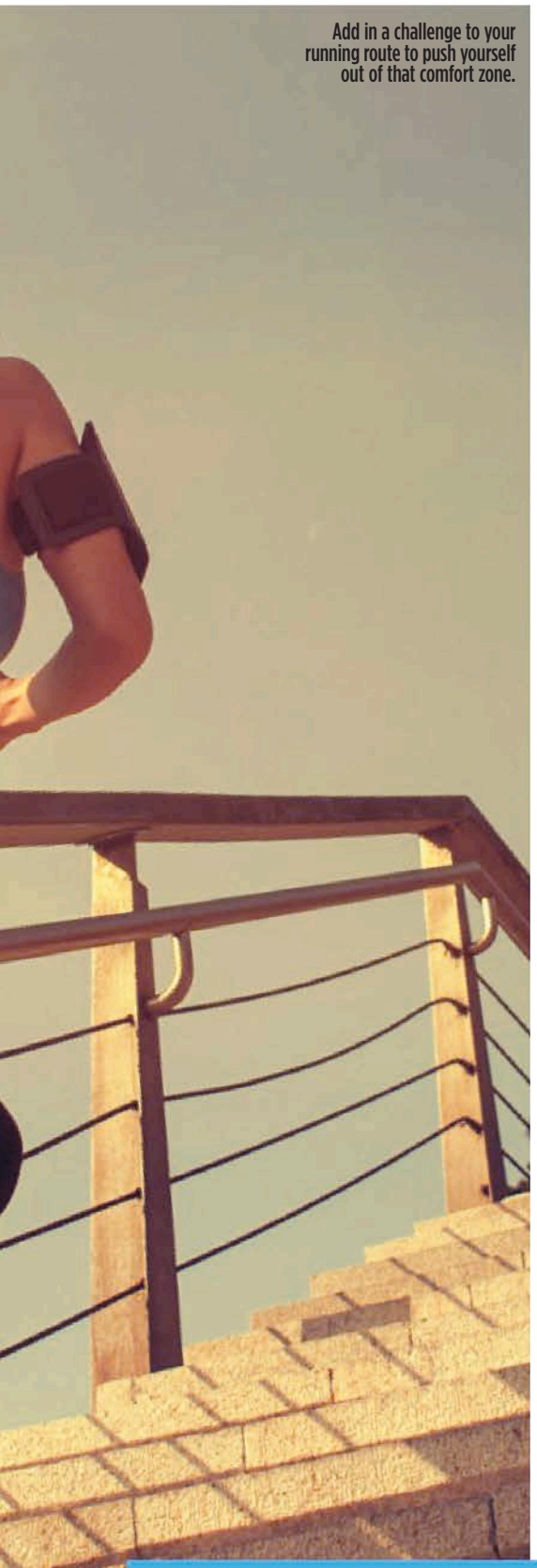
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BREAKING THROUGH

Training, coaching, diet and gaining confidence can all help to improve running performance. But the real magic happens when you step outside your **COMFORT ZONE**, say the experts

WORDS Evie Serventi





Add in a challenge to your running route to push yourself out of that comfort zone.

A comfort zone is a state of mental security. It's a natural and comfortable space where your activities and actions fit a routine and pattern that minimises stress and risk. Running within your comfort zone feels just that – comfortable! You benefit in obvious ways: regular happiness, low anxiety and reduced stress as each mile takes you further from the daily juggle of commitments and challenges. Running in your comfort zone offers time out and takes you into a zone where you are free to just 'be'. So, if a comfort zone proffers such a happy place, why stretch it?

KEEP YOUR COMFORT ZONE ON ITS TOES

Neuroscientists have found that the brain learns best when stress hormones are mildly elevated. In other words, pushing the boundaries of comfort and experiencing a little anxiety and discomfort (i.e. stepping out of your comfort zone) can lead to significant progress and improvement. Pushing the boat too far, however, can have a negative effect by way of too much discomfort, a term called anxiety paralysis. The key to progressing is to keep gently nudging the edges of your comfort zone, and take small steps rather than huge leapfrog jumps.

"Comfort zones should be a moving target," says Mike Margolies in his book The Athlete within You (2011). He says once you've stepped outside your comfort zone, you will start to get comfortable again, so you need to continually, albeit gradually, push yourself to a new level of discomfort. Too comfortable and you're not productive; too uncomfortable, and you're not productive – it's a delicate balancing act.

MIX IT UP

Working your comfort zone isn't always about consciously wanting to improve performance or to get faster or fitter – it can simply stop you from plateau-ing or stagnating. "Mixing up training relieves boredom and potentially keeps the risk of injuries down, as long as you don't do too much too soon," says running coach Neil Scholes (performance-edge.me). Depending on his runners' individual goals, Neil might suggest adding interval training or fartleks to weekly mileage, or encourage a runner to enter a different kind of race such as trail or a relay; or encourage a tech-savvy runner to occasionally run outside without gadgets so they can engage with nature and tune into their own body.

RIPPLE EFFECT

Keeping your comfort zone in a constant stage of flux not only helps you progress as a runner, but the change in your mindset has a knock-on effect in all areas of your life. "That moment when I made a decision to push my comfort zone, to be brave, be strong, to be me, rubbed off – I began to realise that I could do anything I put my mind to," says Tina Muir, elite runner and community manager at runnersconnect.com. Tina discovered that stepping outside her comfort zone as a runner gave her new found confidence and led to opportunities she never thought possible.

"The greatest example was choosing to attend university in America. I had never been there, knew almost nothing about it, but I decided to take that leap of faith. Not only did I have a great experience, I also met my fiancé; we are getting married in a few months. You never know what else will come from stretching your comfort zone!"

MORE PAIN, MORE GAIN

Tina found a way to stop focusing on what other people think: "Swallowing my ego made a big difference; reminding myself that it does not matter what those who are watching think, or what the people driving past me on a run might be thinking (chances are they don't even notice)."

"If you are able to put yourself in a position where you are uncomfortable, scared and vulnerable, you open yourself to a world of opportunities that could lead to some of the greatest moments of your life. The more struggles you go through, the sweeter the victory."

RUN OUTSIDE YOUR COMFORT ZONE – COACH NEIL'S TOP TIPS

1 **JOIN A RUNNING CLUB** and run with others in a set session. Your competitive nature (if you have one!) will take over.

2 **INVEST IN A COACH** from time to time: they will push you to achieve your goal. Also, the accountability you have towards your coach will help you get out the door and get that session in the bag.

3 **UNDERSTAND THAT JUST AS IN YOUR PROFESSIONAL LIFE**, standing still is the same as going backwards. You need to elevate your goals and to achieve them you'll have to move out of your comfort zone.

4 **ENTER A LONGER RACE**, a hilly race or a race where the standard is higher. The mere fact you have entered is stretching your comfort zone and will have a knock-on effect, motivating you to continue to push yourself out of your comfort zone.

5 **THE KEY POINT IS TO GET COMFORTABLE WITH BEING UNCOMFORTABLE** – this new state becomes your new comfort zone. So keep pushing!



Run with a group to awaken your competitive side.



Taking the difficult route is a conscious decision that you will be glad you took.

"The key point is to get comfortable with being uncomfortable"
NEIL SCHOLES, *Performance Edge*

USE IMAGERY AND FOCUS ON THE HORIZON

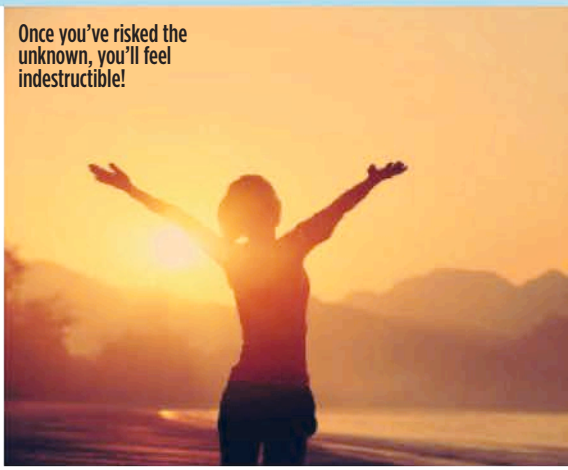
"To stretch my comfort zone, and push through it, I find that it helps looking at the big picture," says Tina. "Yes, it may hurt now; yes, it may be scary, but how good is it going to feel when it all comes together? When you are in a race and that voice is telling you to slow down, imagine yourself crossing the finish line with your hands in the air, a huge smile on your face. This will give you the motivation to keep going, and knowing that you overcame that voice and pushed yourself harder than you wanted to will make that victory so much better."

CHALLENGE YOUR BODY TO CALM YOUR MIND

Yoga teacher and ex-ballet dancer Jemma Smith (wearepresent.today) frequently observes the comfort zone trap: "As a hot yoga teacher, teaching classes in 39°C, I meet a wide range of people. For most, just attending a hot yoga class for the first time is a step out of their comfort zone, but it quickly becomes a normal part of their routine, attending a few times a week. People get used to the teaching style and the poses and they feel comfortable. I give my students options of where to place their feet or hands, one option being less challenging than the other, but there is the risk that they might not be strong, stable or flexible enough to do the more challenging option, and they might fall over. No one likes to fall over in front of other people, so playing it safe and doing the gentle option tends to be preferred. They come into the pose, they feel stable and strong in this position, with no chance of falling over, and because they don't have to focus too much on what they are doing, the mind starts to wander on to other things … 'What shall I make for tea?… Why hasn't he texted me back?... Does my bottom look big in this? … Oh, we are moving on to the next pose!'"

Jemma explains: "The purpose of the yoga practice is to bring stillness and clarity to the mind, but if we always bring our bodies into the same poses where we feel strong, stable and flexible (in other words, not physically challenged), no real mental focus is required, hence our minds are free to wander. This makes stillness and clarity of the mind very difficult to achieve."

"It is only when we step out of our comfort zone, challenge the body; taking the leg a little higher, folding a little deeper … going beyond what is comfortable and taking the risk of falling over, that we bring ourselves out of our minds and into our bodies. Then we can achieve stillness and clarity of the mind and be truly present in that moment," Jemma adds.



Once you've risked the unknown, you'll feel indestructible!

TRUST YOURSELF

The same principle applies to runners, and whether you are a beginner or seasoned athlete, it's important to stretch your comfort zone in order to progress and get the most out of your running. Tina agrees: "Our lives in general are so comfortable: we have air conditioning in the summer, heating in the winter; have access to endless amounts of food, and even drive to the grocery store a mile away. Everything comes so easy to us. Often the things we do not want to do are what we need to do the most. Our bodies are wonderful and adapt so well to our training, we need to be constantly trying new things."

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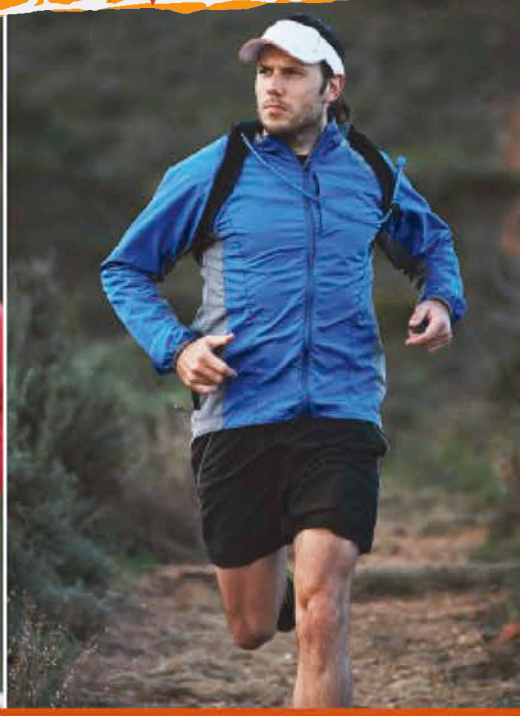
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KIE WILLIS

Winner of many international competitions, **PROFESSIONAL FREERUNNER** Kie Willis is also a member of the prestigious and highly successful Storm Freerun team

WORDS Rebecca Gibbs

Parkour, or freerunning, is an increasingly popular sport that requires participants to use only their bodies and surroundings to propel themselves from A to B. It is commonly practised in an urban environment.

What first got you into this branch of athletics?
I used to skateboard and train for athletics in school, so when I found out about the sport through a documentary I saw on television it seemed like the ideal thing for me!

What do you enjoy most about freerunning?
The lack of rules. It's just you interacting with obstacles any way you want.

What characteristics would you say make a good freerunner?
Passion for the sport is obviously essential. However, a rational mind is also incredibly useful when it comes to performing jumps and movement at height where the risk of injury/death becomes a lot greater.

Do you research and plan your routes or do you just take each obstacle as it comes?
Everything is planned. Surfaces and gaps can sometimes be misleading and without planning, you risk serious injury.

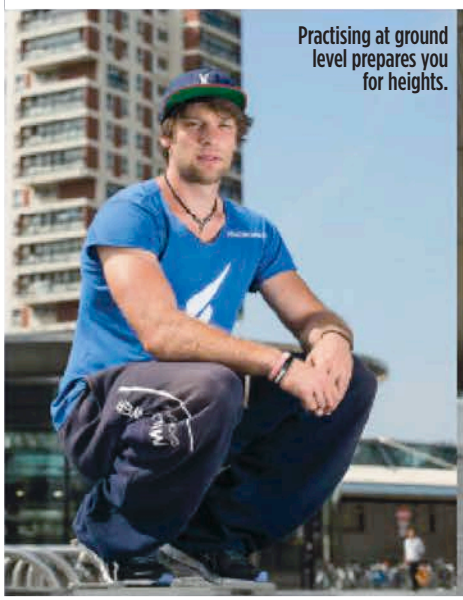
How much of what you do – launching yourself up walls and across huge, high-up gaps, for example – is down to skill/decision-making, and how much of it comes down to confidence and trusting in your own strength and ability?
It's an equal balance of all of those factors. You know you've trained a similar movement at a lower level successfully and comfortably, so you have to apply that logic when it comes to being at height.

Your amazing 'Professor Longhair' video on YouTube has had over 3.4million views to date. Do you treat every freerunning session as a performance? And, if you're allowed to tell us – how did he get down off that wall in the end?!
It's quite the opposite of a performance in fact. While training you focus completely on what your goals are without regard for what other people may want to see.

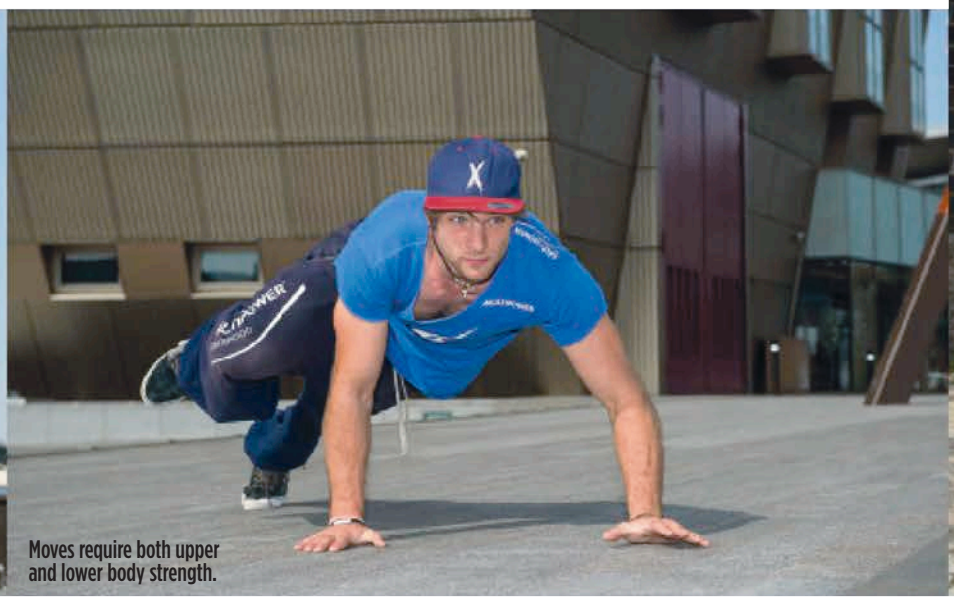
Unfortunately he's still there! Sometimes we throw sandwiches up to him to keep him from starving…

Whereabouts do you train and what does training involve?
I mostly train in and around the London area practising the types of movements that I feel like on that day. I also supplement my training with bouldering [a form of rock climbing that is performed without the use of ropes or harnesses] as well as some gym workouts here and there as it's essential to maintain a healthy body when you're putting it through such high levels of stress and impact regularly.

Have you ever had any injuries/setbacks? If so, how did you recover from them?
I've had a broken ankle and a couple of broken wrists, so nothing too serious. I just focus on healing as fast as I can, eat super-healthily in the recovery period and do all the necessary



Practising at ground level prepares you for heights.



Moves require both upper and lower body strength.



ESSENTIAL INFO

Kie's background in skateboarding and athletics in school stood him in good stead for becoming a freerunner.



Good balance and control is essential for a freerunner.



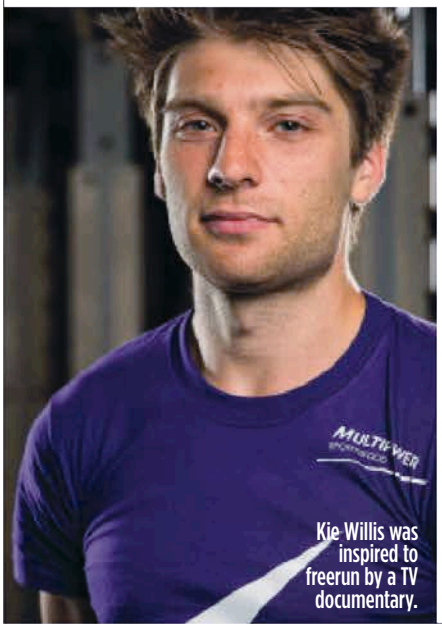
Everything is planned beforehand to avoid potential injury.

"It's essential to maintain a healthy body when you're putting it through such high levels of stress."

physio. Mentally, it was the hardest to not be able to train but that just drove me to focus on resting and healing.

Do you do any 'normal' running?

It's not part of my everyday training regime; however in the lead up to a competition I will often do sets of 400m to increase my middle distance endurance, which is necessary for the competition.



Kie Willis was inspired to freerun by a TV documentary.

Do you listen to music while training?

No music as I find it affects my concentration and ability to improve touch (landing quietly and reducing impact across the body).

Do you wear any special kit?

My team, Storm Freerun, produce some bespoke freerunning training kit which is always my clothing of choice! The clothes are high quality and durable with a hipster crossed with gangster urban style that makes them ideal for casual wear too.

Do you follow a specific diet or take any nutritional supplements? Do you have a favourite post-run food or meal?

I make sure I eat pretty healthily; a lot of fruit and vegetables to get as many micronutrients as possible. I'm also vegetarian for both ethical and environmental reasons; I supplement any lack of protein with Multipower's awesome products.

Do you come from a 'sporty' family?

No not really. My mum goes for walks, my dad used to play five-a-side football once a week and that's as far as it ever went!

Do you have any tips to encourage others to try freerunning?

Start slow, stay low! Almost all the training that I and the other top level athletes do is done at a low and safe level. Stay within your comfort zone as you have nothing to prove to anyone, but most of all, enjoy yourself!

If you could freerun anywhere in the world, where would you like to go, and why?

There's an abandoned island just off the coast of Japan that would be incredible to train at. Huge derelict buildings and no one to distract you from what you want to do... ideal!

Kie Willis uses Multipower Sportsfood to fuel his training. For sports nutrition tailored to your individual needs visit ***www.multipower.com.***
To see Kie in action and keep up to date with his free running exploits, see www.kiewillis.co.uk or follow him on: ***www.facebook.com/KieWillis*** **Twitter** ***@kieparkour*** **Instagram** ***@kieparkour***

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Q&A SAUCONY

This month we go behind the scenes at **SAUCONY** and talk exclusively to coaching consultant Nick Anderson



You can have the place to yourself first thing in the morning.



BEHIND THE BRAND

NAME: Nick Anderson
BRAND: Saucony
JOB TITLE: Saucony UK Coach & Consultant
LOCATION: London/UK

What is your job role, and what does a typical day involve?

As the UK coaching consultant for Saucony, I represent the brand in meetings, host live events, training days, competitions and social media all linked into coaching, performance, health and fitness. Saucony is all about helping runners with their running and not just shoes and clothing.

Tell us about your running? How far do you run, how often, any special stories/events that you would like to share?

I am 44 years young and have been running since I was nine years old. Coe, Ovett and Cram were a few of my heroes as a boy. I try to run and/or road bike every day for my health and with those I coach when possible.

I probably still run 50-60 miles per week on average but rarely compete due to coaching. I just love feeling healthy and running with others.

Many stories over the years… I finished second in the Peugeot Talbot Games 1500m in 1985 (I think!) and got introduced to Coe, Cram, Ovett and many others that night. As a 15-year-old I was totally inspired.

I have been coaching for 20 years and coached Andy Vernon for nearly 12 of these… Watching him win the silver medal in the 10,000m at the Europeans Champs in Zurich this summer finishing just behind Mo Farah was a particularly moving experience.

Do you have a preferred time of day to run, or do you fit it in when you can?

Any time of day, but early mornings are the best. Nobody around and the parks and countryside are lovely.

Which kit do you currently run in? What makes it so good for you?

Shoe wise, I'm enjoying the new Saucony





New technology means clothes to take you from hot to cold weather in comfort.

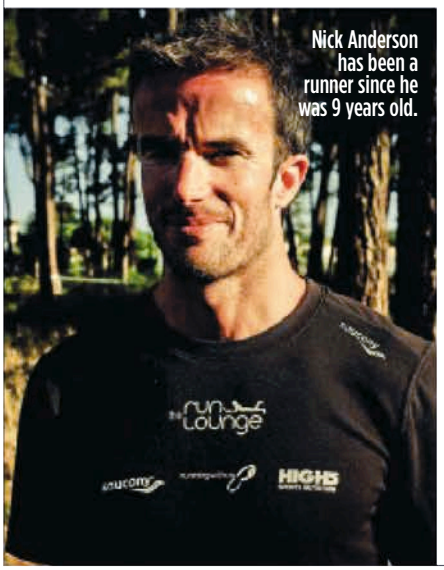


Nick's current shoe is the Triumph Isofit - shown here in Blue/Citron.

Triumph Isofit along with the Kinvara – both are super light and comfortable. The new Saucony Razor waterproof and breathable jacket is a great bit of kit to keep out the rain at all times of year.

What do you think has been the biggest technological change/development in clothing over the last few years, and how has it affected Saucony in particular?

This is simple – the creation of textiles that allow the runner to run and train without getting too hot or too cold. Saucony now categorise this as dry, warm and shield in the winter months, for example. I can remember running in shorts all winter with extra sweatshirts – we were cold from November right through to March! Running is now comfortable all year round.



Nick Anderson has been a runner since he was 9 years old.

Have you any thoughts on running clothing for the future? How do you think things will change? Any new technology around the corner for Saucony?

Allowing the body to perform without restriction is the key as a coach. Fabrics will continue to offer this but become lighter, more breathable and durable. Lots of exciting things on the horizon with Saucony… Just wait and see!

Have you a 'Greatest running shoe of all-time'?

Yes for me it's quite recent and is the Kinvara. I think it has helped runners and the industry as a whole to return to more natural running and lighter shoes. We had definitely lost our way, with shoes getting heavier and more built up over the past 25 years. As a coach, I want runners to run with better technique and to be stronger.

Who would be your 'Greatest runner of all time' and why?

Such a tough question – Mo (Farah) if he retains an Olympic title and masters the marathon in his career. Mentions also go to Haile Gebrselassie as a male and Paula (Radcliffe) or Grete Waitz as females for me.

Sum up what running means to you in three words?

Fun, friends, outdoors.



If you were to give one piece of advice to someone buying running shoes, what would it be?

Take your time and go into a proper running shop where you get gait analysis. Then try on at least 3-5 pairs from different brands. Then choose whatever feels right.















HOT PICKS

Our selection of the **COOLEST** new kit and accessories

1 PUMA PWRCOOL GRAPHIC TEE £22
Look great this summer with this top from Puma. Featuring PWRCOOL technology fabric, which has an inner print that activates on contact with moisture to keep you cool.
uk.puma.com

2 RONHILL ASPIRATION WINDLITE JACKET (WOMEN'S) £55
Made from Activelite fabric, Ronhill have come up with a lightweight jacket which is windproof, protects you from light showers and is breathable. It also has a side zipped pocket, and can easily be fitted into your backpack. Available in Cerise and Purple.
ronhill.com

3 EPSON RUNSENSE SF-810 £259.99
Epson are new to the 'Wearable Technology' market, so we were interested to try out this GPS and heart rate monitor. There is no HR belt, but an optical sensor on the watch unit taking readings from your wrist. The setup was a bit tricky, however from then on it was highly accurate and fairly easy to use, and with it now being compatible with the Strava website, the upload of data was effortless.
epson.co.uk/wearables

4 RESISTANCE BANDS £59.99-£99.99
These latex bands are ideal for targeting and working specific muscle groups, whether it's part of a rehab plan or to cater for day-to-day body maintenance. Also good to use in yoga, pilates and specific strengthening programmes. Available in three strengths Red (Light), Black (Medium), Purple (Heavy).
ultimate-performance.co.uk

5 GORE MAGNITUDE WINDSTOPPER ACTIVE SHELL JACKET (MEN'S) £119.99
One of the lightest Active Shells available, this jacket offers great protection for those summer downpours. The rear also has a considerable mesh panel optimising breathability, while a small zipped pocket keeps all those running essentials secure.
goreapparel.co.uk

6 1000 MILE ULTIMATE TACTEL TRAINER LINER SOCK £8.49
This 1000 Mile sock has a Tactel inner layer to move sweat away from the foot, keeping the foot dry, and also has an arch brace to provide extra support. The double layer concept reduces friction between the foot and shoe, minimising the risk of blisters.
www.1000mile.co.uk

7 HIGH5 SPORTSBAR £1.20 / 55G BAR
Providing a balance of simple and complex carbohydrates, easy-to-chew bars from High5 taste great. The berry flavoured bar has a yoghurt coating, but our favourite was the caramel with chocolate finish.
highfive.co.uk

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IMPORTANCE OF TRAINING PLANS

Whether you run daily or just when you feel like it, you can reduce the risk of injury with a **STRUCTURED** training plan. It's time to start looking at the bigger picture **WORDS** Matt Phillips

Take a look at the statements below (taken from real runners). Do any of them sound similar to something you do?

"I go out running whenever I get a chance and just do whatever distance or speed feels right."
"If I'm training for a race, I increase my mileage a little each week until I know I've done enough."
"I download a training plan for the race I'm preparing for. Once that race is over, I download a new plan for the next race."

Although many runners are totally satisfied with the results they get through adoption of the methodology above, if you find yourself hitting plateaus, struggling with persistent injury or unable to take on new challenges, you may well benefit from making some changes.

ALL ABOUT STRUCTURE

One of the most beautiful things about running is you can pretty much do it when and where you want. You are not dependent on pitch or court availability, pools being open, or other members of the team turning up. This, however, carries a price. As sole agents, we are left to do as much or as little as we want, when we want, which can often lead to a distinct lack of structure in our training.

At one end of the scale, the super-keen may find themselves running near enough 365 days a year. Many of us sign up for as many races as we can afford, confident in the belief that as long as we complete our weekly training we should be able to crack new PBs on a fairly regular basis. Unfortunately, just as any sport has its specific seasons during a year, running also needs to be broken down into different periods of activity. Take a look at football, rugby, hockey, etc. The actual competitive part of a year is limited to one season and most importantly preceded by a season for preparation, to develop weaker areas safely and progressively. In most cases, there is also a structured rest period (after the competitive stage) to ensure adequate recovery. Research shows too much volume of running as a very significant precursor to injury, at all levels. The study 'Impact & overuse injuries in runners' (Hreljac, 2004) concludes that training volume is a key factor associated with 60% to 70% of the development of running-related injuries. Inefficient and unstructured planning may well explain why running has a higher incidence of lower body overuse injuries than any other widespread activity.

At the other end of the scale, the unstructured runner may suffer through not doing enough. A study in 2012 (by Nielson et al.) examining links between training characteristics (volume, duration, frequency, intensity) and running-related injuries indicated an increased risk of injury among runners who train only once per week. It highlighted a 'U-shaped' pattern between frequency and injury in which low frequency (1 session a week) as well as high frequency (6-7 times per week) presented more of an injury risk than those training 2-5 times per week. Session content will obviously play a great role as well but the take home message is if you are not following a structured plan, training too much or too little can increase your chance of becoming injured.

ENOUGH TO STIMULATE ADAPTION

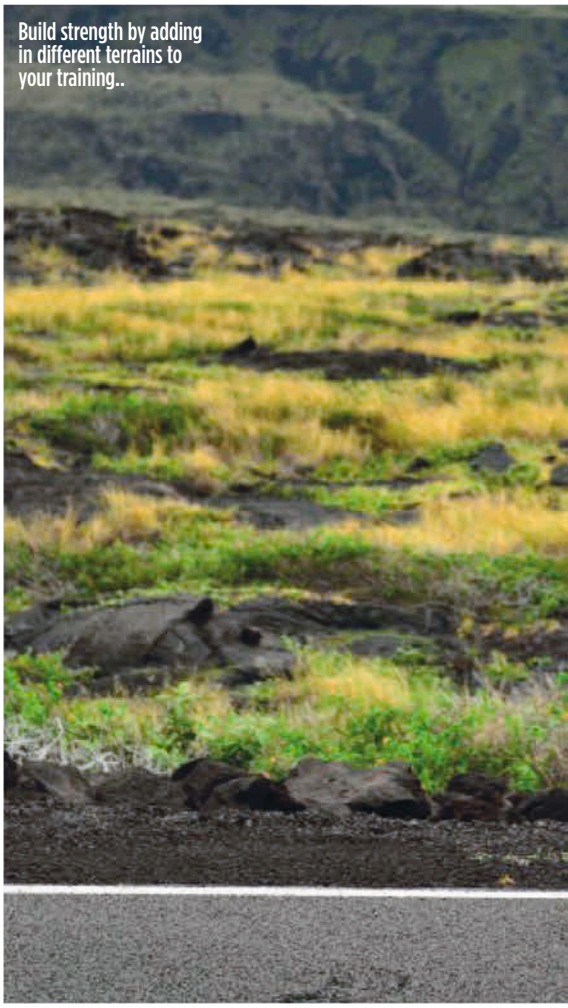
The demands of running, i.e. the forces your body has to deal with when jumping from one leg to the other 1500-2000 times a mile, will make you stronger but only if these forces fall below the limits of the structures (muscles, tendons, ligaments, etc.) that have to deal with them. Also, your body will only get stronger if sufficient time is given between exposure to those forces (i.e. recovery periods). On the other side of the coin, if your overall frequency of running is not enough to stimulate your structures to get stronger, you will not see strength gains and may be setting yourself up for injury.

Dividing your week, month, and year into structured stages could prove a very effective way of pre-emptively reducing risk of injury, as opposed to only acting once injury has occurred. Bearing in mind that we all have unique bodies with different limits for different structures, training plans need to be specific for your needs, so downloading a plan that suited somebody else's needs may not help much. By putting together a race plan or yearly plan that includes monthly focus periods for areas in which you personally need development, you may well see not only a decrease in niggles and injury but also a very rewarding increase in performance when it comes to your races.



Remember to ditch the trainers sometimes - rest days are as important as training days!



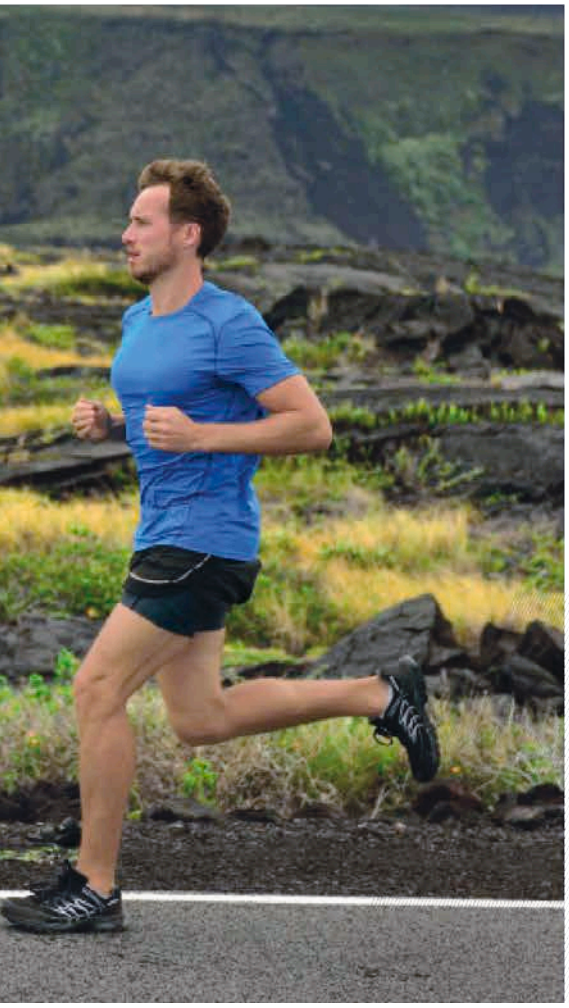


Build strength by adding in different terrains to your training..



Training plans need to be specific for your needs

Planning in cross-training sessions will help your overall performance





It's well worth taking the time to plan far ahead.

CREATING YOUR TRAINING PLAN

Though planning a week, month or year may sound daunting, it doesn't have to be. Essentially we are looking at what is referred to as periodisation. Reaching one's maximum running potential requires developing many components of running fitness including aerobic threshold (VO2 max & vVO2 max), anaerobic threshold (lactate threshold), as well as strength, power and endurance. Failing to focus on one of these areas or trying to focus on all of them together every session tends to end in a runner never reaching their true potential, which is where periodisation comes in.

To make things simpler, let's familiarise ourselves with a bit of terminology:

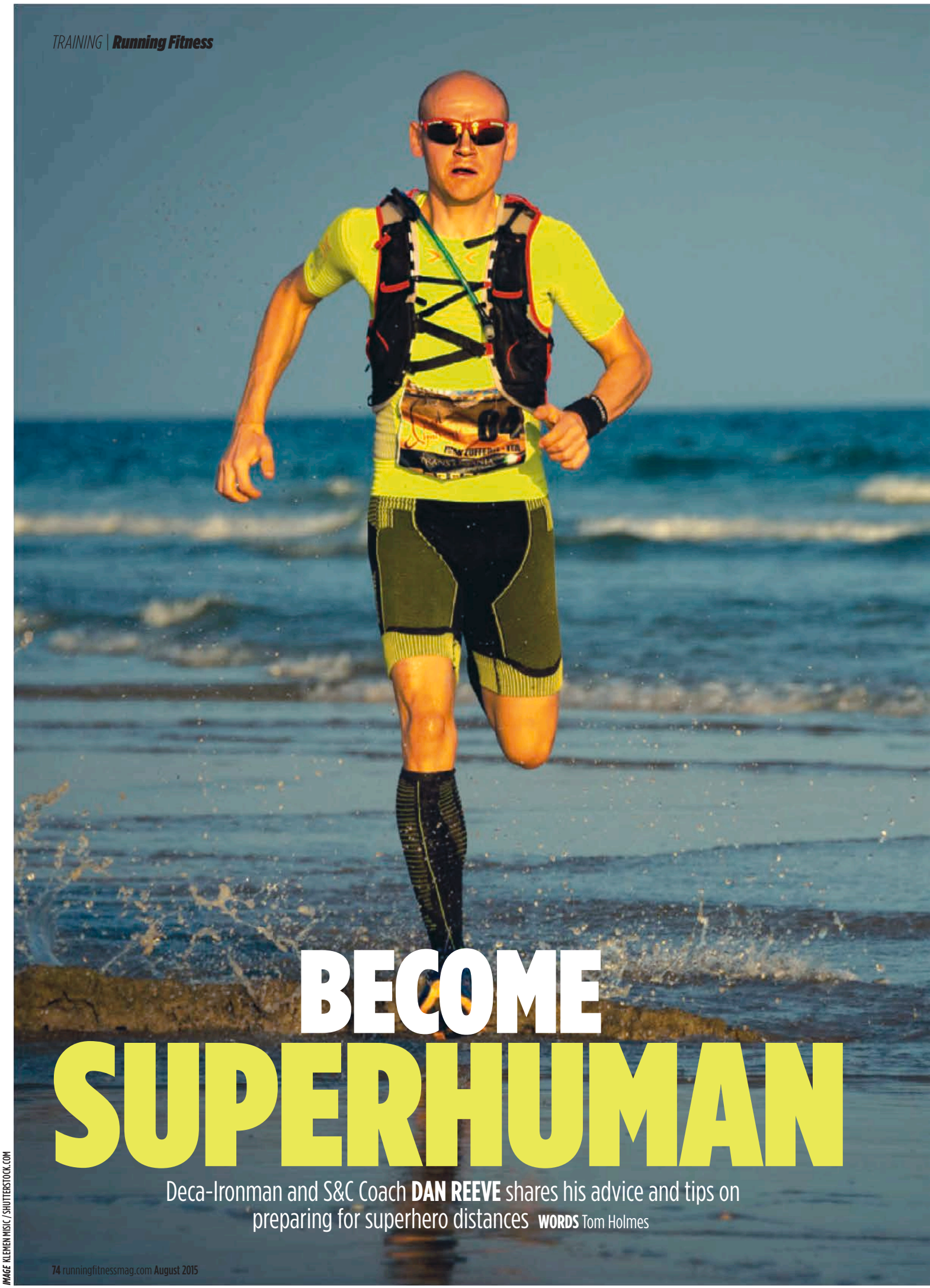
MICROCYCLE – This period of training is the shortest in any plan, and to fit in with our lifestyle tends to be a week. Many runners already create (consciously or unconsciously) their own weekly microcycles by choosing to do, for example, a hill run on one day, interval training on another, a long run on Sunday, some cross training in between, and a rest day. If you are the sort of person who always runs at the same pace, on the same incline, for more or less the same amount of time, start thinking about what the fitness aim of each of your runs is. By planning the desired training effect of each of your runs during the week, you will address different components of running fitness and see the benefits.

MESOCYCLE – Doing the same weekly sessions (microcycle) 52 weeks a year means you are never really focusing on one particular component of running fitness. By grouping several microcycles together into a mesocycle of say, six weeks, we can start working more closely on areas of development that our body requires. To do this, your new specific mesocycle will either take a break from some of the other types of sessions, or just not include them as much. Those who have ever followed a 16-week marathon training programme will be familiar with this concept as they tend to start with a base building mesocycle for the first few weeks, followed by a stamina/strength building mesocycle for the next month or so, then a high intensity interval training mesocycle and finally a tapering mesocycle prior to race day. Any runners who have not prepared for a marathon in this way, i.e. have simply increased the long run a little each week, try to follow a training plan with mesocycles next time. It can make a huge difference on race day and again reduce injury along the way.

MACROCYCLE – This is the longest cycle, made up of several mesocycles. In the marathon training example above, the 16-week marathon training plan was a macrocycle, but filling a year with race orientated macrocycles may again negate your chances of developing fitness needs. How about a macrocycle with the unique goal of reducing injury risk, or improving running form? If you're struggling to get PBs or have a persistent injury, adding a non race specific macrocycle to your year may be the answer. Set yourself a 'super macrocycle' for the year, with a clear division between macrocycles geared towards preparation, competition and recovery. Not all your races should fall in the competitive stage. The preparative stage for most runners should ideally fill two thirds of your year!

TRAINING PLANS ARE NOT WRITTEN IN STONE

So there we have it. Hopefully this article will encourage those of you looking for better results to start looking at the bigger picture, whether that means adding structure and goals to your week, month or year. As a reminder though, take note that no plan can ever predict how your body is going to react to the individual components. Be prepared to modify a day's training if need be, e.g. you feel unusually weak, are recovering from injury or something important in life gets in the way. Skipping a workout just because it's nice and cosy in bed is of course not a valid reason, and maintaining the overall flow and direction of the plan is crucial. Being able to listen to your body and modify your training plan accordingly when necessary is key to both reducing risk of injury and rehabilitating a minor injury successfully so that it does not turn into something more persistent. Remember, the more sensitive and receptive you are to what your body is telling you, the more productive your training will be in the long run.



BECOME SUPERHUMAN

Deca-Ironman and S&C Coach **DAN REEVE** shares his advice and tips on preparing for superhero distances **WORDS** Tom Holmes

IMAGE KLEMEN MISIC / SHUTTERSTOCK.COM

Among us mere mortals tread superhuman individuals who are capable of incredible feats of strength and endurance. Ultra-distance runners, Ironmen and elite cyclists embody characteristics usually reserved for comic book superheroes. You could be forgiven for thinking they were a different breed entirely.

One such man is Dan Reeve, a Strength & Conditioning Coach, whose impressive CV boasts 19 marathons, 5 L'Etape Du Tours and an Ironman. He's also one of the few people on the planet to have completed a Deca-Ironman – a 24-mile swim, 1,120-mile cycle and 262-mile run. His secrets though aren't a red cape or adamantium bones; they're something much more ordinary and they're available to everyone.

"Hard work is necessary; it's a given," says Dan. "What's important is hard work in the right areas. The key to success rests on proper preparation, a strong body and good recovery. Strong mental focus and good nutrition complete the package."

PREPARE PROPERLY

Before taking on an ultra distance event it is a good idea to perform the distance, or as close to it, before competing. Doing so helps you to prepare your body and mind to work for long periods and ensures that there are no surprises on race day.

"When I trained for the Deca-Ironman," says Dan, "I couldn't do those sorts of distances as preparation. But I could prepare for the amount of time I was working, so I trained for between four and eight hours daily to get my body used to working for long periods.

"The best piece of advice I can give is to do the least amount of work possible to get you in the condition needed for your event, says Dan. "Don't put lots of work in for the sake of it. Justify every rep and every stride. If you can't then it shouldn't be in your programme."

Assuming that you have a good level of fitness to begin with, Dan suggests training four to five two-hour sessions a week. Once your fitness levels increase you can add an hour to two sessions and build from there. If you are able to commit more time, split training into longer morning and evening sessions to get your body used to the levels of work required.

"How each individual manages their preparation is down to them and their lifestyle," Dan adds. "You have to consider your stresses and the time constraints. Lengthy training and juggling work and family life places you under a lot of stress.

"Develop an intimate understanding of your body and how you feel and react to training. This will help you to tell the difference between injuries, laziness, over training and tiredness."

DON'T SKIP LEG DAY

Strength work is one of the most important aspects of the endurance athlete's training programme, but is sometimes approached haphazardly or neglected entirely, often to their detriment.

"People usually fail with ultra endurance events because of injury. Strength training can prevent that," says Dan. "It stops you from breaking down when you perform repetitive movements for long periods."

Most amateur athletes are anterior dominant – meaning that their quads and hip flexors control their movement. To fix the problem, Dan recommends performing exercises that strengthen the posterior chain – the lower back, glutes and hamstrings.

"The Romanian deadlift is a good posterior chain exercise. It makes sure that the lower back, glutes and hamstrings are firing in the right order. That is key. You don't need to lift heavy weights. Just ensure that you have good form – if you aren't sure what good form is, ask a trainer to show you."

The deadlift should form part of a well-structured strength routine that also includes a squat and a lunge variation. If you have time or are training for a swim then include some upper-body compound lifts, balancing push with pull. Perform three sets of eight to twelve reps once or twice a week and you will start to see the benefits.

EAT RIGHT

"Long distance events are very catabolic, so they break down muscle. You have to make sure that you are putting enough calories into your body to restore glycogen levels." This means adequate carbohydrate – around 2 to 7 grams per kilograms of body weight. A simple way to make sure you are getting enough food is to check bodyweight. If it's staying roughly the same and performance is not being affected, you are eating enough.

"Quite often with distance runners and athletes, they end up being skinny-fat – which is the result of over-consuming carbohydrates. That's ok because you will burn some of it, but if you are looking to compete at a good level your power to weight ratio is very important.

"Directly pre training or pre event I wouldn't recommend taking in too many carbs if you've had adequate carbs the night before; they increase serotonin release from the brain which leaves some people feeling flat. I recommend a coffee with coconut oil to improve mental sharpness. You can top up carbs during training or the race."


Try deadlifts next time you're in the gym to strengthen your posterior chain.

TRAIN THE BRAIN

Ultra distance events are taxing on the mind as well as the body. Long periods alone can lead to self-doubt and a whole host of other anxieties that hinder performance. Fortunately the mind can be trained to help you overcome mental barriers. "When training for the Deca-Ironman, I was concerned about my swim," says Dan. "I was going to be alone in extreme quiet for 14 hours. A sports psychologist suggested that I tried a technique to disconnect my mind. During my training and the race I'd repeat times tables. It helped to settle my rhythm and put me in a meditative state."

The alternative to disconnecting, unsurprisingly, is to connect with your body. Methods such as the Alexander Technique, during which you repetitively assess your body from head to toe, help you to stay in tune with how you are feeling.

"Top athletes will switch between methods and know when to use each. Amateur runners will find that one works better for them than the other. Experiment with the techniques if you find your mind wandering during training. It may well be the difference between finishing and not finishing a race."

GET SOME REST

The risk of not recovering well is inherent in all endurance sports. If you're not recovering you are on a slippery slope to adrenal fatigue, injury and illness.

"When I trained for the Ironman I did yoga twice a week. This was partly for the flexibility and mobility but also to switch off mentally and physically. I'd often get there early and sleep on the mat to help me relax. I'd then do the class and leave feeling the best I had felt all week. Resting is as important as training."



Dan Reeve is a Strength & Conditioning coach at SC Vital Fitness in Portsmouth. You can contact Dan via ***dan@scvitalfitness.co.uk***





Tom and Chris have raised nearly £10,000 between them and they're not stopping there!

breast cancer now

Run for a good cause...

1,000 women in the UK have their lives cut short by breast cancer every month. It's time to act. Take on a **RUNNING CHALLENGE** for Breast Cancer Now and help stop this disease taking lives

Right now breast cancer is at a tipping point. More women are surviving. But more are being diagnosed than ever before. And every 45 minutes, another woman in the UK dies from the disease.

Breast Cancer Now is the UK's largest breast cancer charity, created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer. They're dedicated to funding research into the disease.

Tom and Chris Harden have been running to raise money for breast cancer research since losing their mum to the disease in 2007. Here's why Chris and his brother will continue to run for Breast Cancer Now and why Chris thinks you should join them.

"Tom and I are 100% committed to finding ways to stop breast cancer. The strength and bravery that our mum showed was so inspirational to Tom and I through our childhood and these traits still live on in us today. We take on these running challenges to try and do what we believe our mum would have wanted us to do and that would not have been to take a backward step and be beaten by the sad times. She would have wanted us to get back up, brush ourselves down and realise that there are people who are still suffering from the impacts of this disease that we can help.

KEEP ON RUNNING

So far we've raised nearly £10,000 to fund breast cancer research and the charity has always been extremely supportive and encouraging. Tom and I have the cause and memories we are running for that will mean that we never stop running!"

Choose to run for Breast Cancer Now and help support research to stop women dying from breast cancer. **Visit breastcancernow.org/runningchallenge to sign up for a running event near you**. The Breast Cancer Now challenge events team will be on hand to support you every step of the way, helping you with any fundraising or training questions, making sure you're ready for the challenge ahead. You'll also receive an exclusive Breast Cancer Now technical running vest and a fundraising pack full of great ideas to help you raise as much money as possible.

Breast Cancer Now believes that if we act all now, by 2050, everyone who develops breast cancer will live. But that'll only happen if we stand together.

Join us and run to support research into breast cancer now.

We run for mums, sisters, friends, daughters, dads, partners, you.

We are breast cancer now

Find your challenge today

breastcancernow.org/fitness

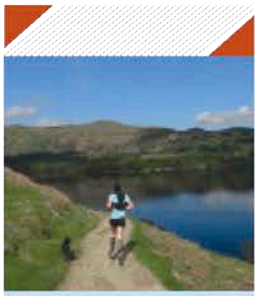
Breast Cancer Now is the UK's largest breast cancer charity created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer.

Registered charity nos 1160558 (England and Wales) and SC045584 (Scotland).

FundRaising Standards Board

WILD RUNNING
SOUTHERN LAKE DISTRICT

Let ***Running Fitness*** take you on a journey to discover some of Britain's spectacular **MOUNTAINS, FORESTS** and **COASTAL TRAILS**, perfect for a wild run



Loughrigg Tarn & Elter Water

Distance: 4.5 miles (7km)

Start/finish: Elter Water car park, LA22 9HR

Terrain: Grassy paths, tracks, quiet lanes

Toughness: Moderate

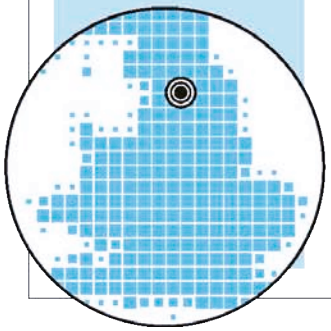
Ascent: 162m

Navigation: Easy

Good for: Wildlife, woodland

Route info: wildrunning.net/loughrigg

A lovely, quiet run starting and finishing along Langdale Beck or, if flooded, the well-signed Cumbria Way. Follow Langdale Beck downstream. Run beside Elter Water, Lake of the Swans, then follow the River Brathay upstream to Windermere. At Kirkstone Gallery, head north, taking an anticlockwise loop around Loughrigg Tarn. Cross on paths through Little Loughrigg before heading down a long descent down to Elter Water, turning right at the lake and following Langdale Beck and the Cumbria Way back to the start.



On a grey May morning, dressed more for a winter run I left the shelter of the Eskdale valley, crossed an old stone bridge and wound my way up into the hills. Three days of rain had turned the rocky trail into a river, and the icy water ran into my shoes. The path zigzagged as it climbed, passing ruined barns and small flocks of Herdwick sheep. I followed the barely-visible line of the path up to the fell-top, the wind pushing me backwards, roaring in my ears. Suddenly, I found myself between the craggy outcrops; the wind stopped abruptly and I could hear birdsong and trickling water once more. I followed the winding ridge path, enjoying the springy grass of this secret trail, hidden from view from either side. After a while it dropped down to a silver tarn, peaceful and serene, with rippling waves that washed gently on its rocky shores. I made my way around the tarn and found my path down; a long, green 'S' that led me back to the valley.

THE LAKE DISTRICT

The Lake District has a long and rich history in running, particularly in its glorious fells. It is home to the infamous Bob Graham Round, a challenge to complete 42 Lakeland peaks (around 70 miles) in under 24 hours. In 2014, local runner Steve Birkinshaw ran 320 miles and touched the summits of 214 mountains, visiting all of the Wainwrights in six days and 13 hours, breaking the long-standing record of another Cumbrian fell-running legend, Joss Naylor.

The southern Lake District is a place of contrasts, from the busier tourist area such as Windermere to the beautiful, remote regions of Wasdale and Eskdale. This is a superb and classic area for running, and a destination every runner should visit at least once. The craggy upland areas provide exciting, technical mountain running on steep ascents, fast and furious descents and even some enjoyable scrambling. Below these dramatic arenas lie vast, gleaming lakes, silvery tarns and crystal-clear babbling streams. One of our favourite runs is the tough but picturesque loop around the Coniston fells, traversing a thrilling ridge path between the iconic landmarks of Swirl How and the Old Man of Coniston.



The Lake District offers absolutely stunning views for the intrepid trail runner.

There's a multitude of fantastic races to choose from in the Lake District, from navigational challenges to fully marked routes at all distances. Lakes-based High Terrain Events (highterrainevents.co.uk) holds a trail and an ultra series, with brilliantly organised races in spectacular places throughout the year. Or, for those wanting more of a challenge, the Bob Graham can be attempted at any time of year: winter, summer, supported or unsupported…





Rapid descents are all part of the fun in this glorious part of the country.

INSPIRED TO DO YOUR OWN WILD RUN?

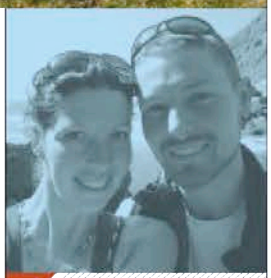
Share your photos and stories on our facebook page or tweet us



Take it as easy or as hard as you want to with challenges for every ability!

The Lake District

Miles	Km	Directions
0.0	0.0	From car park follow Langdale Beck south east downstream, passing Rob Rash alongside Elter Water and joining the River Brathay, following this to reach the A593
1.6	2.6	Turn left onto A593 and follow to Skelwith Bridge, turning left and heading north up Foulstep, ascending steeply towards Loughrigg Tarn
2.1	3.3	Turn right, crossing Mandale Bridge and then left onto track and footpath looping anticlockwise around Loughrigg Tarn to reach lane
2.8	4.5	Turn left and follow lane for 100m before turning right onto track at Loughrigg Fold. Follow this and then footpath descending steeply and crossing the B5943 before returning to the path on the River Brathay. Turn right and follow this back past Elter Water to the start.



JEN AND SIM BENSON

are runners, writers and adventurers. Their new book *Wild Running: 150 Great Adventures on the Trails and Fells of Britain* (Wild Things Publishing) is the first UK guidebook for those who love to run and who dream of exploring Britain's spectacular mountains, forests and coastal trails.

RF reader offer

Running Fitness readers can purchase the book at 25% off RRP with free UK P&P from *wildrunning.net using code RF14.*





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RUN ENGLAND GROUPS...

SHONA'S RUNNERS

This all-female group helps members feel strong, **EMPOWERED** and confident

RUN ENGLAND is the official England Athletics beginner running project. Groups are led by trained group leaders, offering a progressive routine, people of a similar ability to start running with and plenty of support along the way. Find out more at *www.runengland.org*

"We're a friendly, fun and inclusive running group for women recreational runners," explains Group Leader, Shona Campbell. "There's no competition between our runners but there is a lot of mutual support and encouragement to meet our individual goals, with plenty of laughter and conversation along the way! Our website says 'run like a girl' because we want to reclaim that idea – running makes women feel strong, empowered and confident. Our motto is 'you don't have to go fast; you just have to go', and that's exactly what we do – we each go at the pace we can manage and we never leave anyone behind. It's wonderful to see our women running together – a mix of ages, backgrounds and experience, all united by running for fun and for fitness.

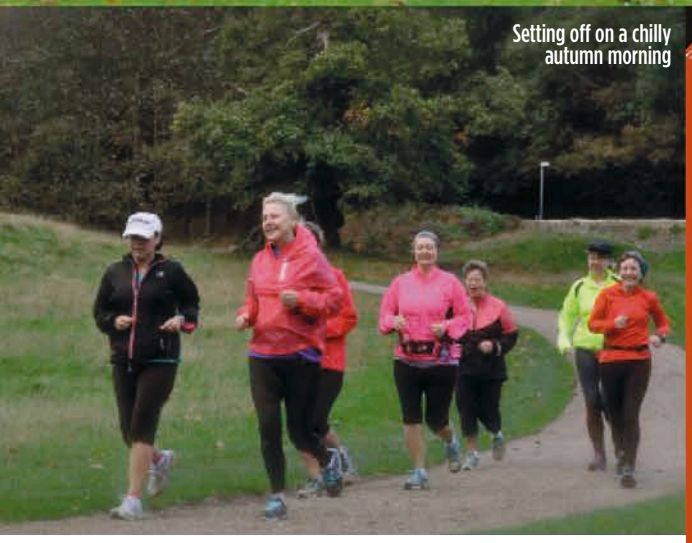
FINDING A BALANCE

"I took up running 12 years ago to get fit when my children were at primary school," recalls Shona. "I certainly wasn't a natural runner – in fact I struggled to keep up, but I persevered and was surprised to discover that I grew to love running. I wanted to share that love with other women, and to help people who might struggle with it the way I did, so I qualified as a level 2 coach nine years ago and have been coaching ever since.

"Along the way I've set up a beginners' group for women with mental health issues with a clinical psychologist, and a group for older runners with a fellow coach, and three years ago I set up Shona's Runners so that I can provide the kind of coaching I think many women feel most comfortable with – small, friendly groups led by a coach who knows you as an individual and what kind of support you prefer to run with.

"I've always loved coaching beginners and have been doing it ever since I started, so the 10 week beginners' course I coach is based on nine years' experience of helping nervous or uncertain beginners to get started: a lot of it is about building confidence and self-belief, and getting them to relax and enjoy it. Running has to be a positive experience if it's going to become a lifelong habit, and that's my goal.

Even on tough courses like hill running, we're all still smiling!



Setting off on a chilly autumn morning

Essential info

Please describe the group in three words...
Friendly, fun, encouraging

What is your annual highlight?
The bluebell season – running through the woods and stopping to admire the drifts of bluebells is something we look forward to as soon as winter ends.

How many members do you have?
96

Age range?
25-70

How many weekly training sessions do you hold?
Six for experienced runners, and two or three beginners' sessions.

www.shonasrunners.co.uk

FLEXIBLE AND FUN

"We're very lucky to be based in a beautiful part of Kent here in Sevenoaks, and we run in the lovely local countryside: once the runners graduate from the beginners' group they can join any of our runs and go a bit further afield – we do runs from 5k to 10k distance and all points in between. Some of our runners go on to do races of all distances, and some never want to do more than their regular weekly group runs, and that's fine with me – as long as they're enjoying their running, that's all that counts.

"There's no joining fee, and no need to book runs in advance, so runners can just come along when it suits them and pay £3.50 for a session – we all have busy lives, and it's important to offer some flexibility.

"Running is as much psychology as physiology, so an environment where you can feel relaxed and comfortable makes it easier to run. We're a sociable bunch, so we often stop for a coffee after a run, and have evening get-togethers too. The Christmas party is always great fun – it's strange seeing each other dressed up instead of in Lycra and no make-up!"

REAL BENEFITS

"I recently completed Shona's beginners course," says Lynne, who joined last year, "and I was really nervous the first week thinking I would be at the back, unable to breathe and on my own. I cannot explain how pleased I am that I went that first week. All the other ladies felt exactly the same! We started off and the heavens opened. By the time we got back to the cars we were so wet it was funny. But do you know what? We all had a great time and no-one was left behind. Shona is an inspiration. Hearing her with her Scottish lilt saying 'come on my darlings you can do it', you find that, actually, you can. If you want to try running and are nervous try Shona. She will never leave you behind, is always encouraging and will make runners of you all!"

"I've coached hundreds of women who had never run before," confirms Shona, "and I firmly believe that most people can run with the right coaching. Most of all, I want to make it fun – running should be a pleasure, not a chore. There's plenty of support to achieve your own personal goals, but no pressure to do more than you can cope with. I hope I communicate my passion for running to all of them and that we'll be running together into our very old age."

Nominate your group by emailing rf.ed@kelsey.co.uk (making the subject 'Run England').

IMAGES: STEPHANIE COYNE PHOTOGRAPHY

5 BEST RUNNING FOR FUN

It doesn't always have to be about the PB – **THEMED RACES** give you a real boost in a different way





Our advice is to dig out your old running gear before embarking on the Color Run!









1 COLOR RUN

WHEN: Various dates, next event – 5 Jul 2015

FEATURES: With the strap line 'Be Healthy. Be Happy. Be You', this global series encourages runners of all ages, levels, and costume, to take part. The race isn't timed and focuses on having fun and giving back to the community. Thousands of runners are doused in a variety of colours at each kilometre mark – it's great fun! Enjoy the post-race Finish Festival complete with DJs, games and a great colourful atmosphere. Color Runs in Manchester (Jul), Birmingham and Belfast (Sept) and Brighton (Oct). See website for details:

RACE INFO: *www.thecolorrun.co.uk*

2 RACE FOR LIFE LEE VALLEY HALF AND FULL MARATHON

WHEN: 4 Oct 2015

FEATURES: This UK first women-only event will see emotions run high as many runners carry inspiration for loved ones who have been touched by cancer. A special, social yet personal event that brings women from across the UK together to enjoy the experience of completing a marathon.

RACE INFO: *http://raceforlife.cancerresearchuk.org*

3 SURE RUN TO THE BEAT

WHERE: Wembley Park, London

WHEN: 13 Sept 2015

FEATURES: If you love running to music, this is your event! Follow London's only 'music 10km' course through the park, listening to free downloadable Deezer playlists while wearing your Brooks running top. Enjoy more music by renowned DJs at the festival after party (2014 DJs included BBC 1's Nick Grimshaw, and Tom Parker from The Wanted). Run for blood cancer research, the events gold charity: leukaemialymphomaresearch.org.uk

RACE INFO: *www.runtothebeat.co.uk*

4 ELECTRIC RUN

WHERE: Manchester

WHEN: 2015, keep an eye on the website for confirmation of dates!

FEATURES: Described as a neon light disco party, this 5km night run is a truly unique experience. Event organisers say: "If it is bright-coloured, blinks, shines, glows, or looks like something from another planet, it's perfect!" You get the picture. A party-atmosphere 5km run, with colourful light, neon-lit trees, and booming music guide you along the course. Enter solo or as a team of 4 or more. Participants receive LED bracelet, t-shirt, glow necklace and glow sunglasses!

RACE INFO: *www.electricrun.co.uk*

5 SPOOKY SPRINT

WHEN: Various, next event Aylesbury, 26 Sept 2015

FEATURES: A spine-tingling, fun evening out for the whole family. Dress up in spooky costumes, and race for Parkinson's research in the sprint (kids race about 500m), 5k or 10k race in the dark! Great support and the numbers are growing for this novelty event. Races at Kent 17 Oct, and Nottingham, 31 Oct.

RACE INFO: *www.parkinsons.org.uk/content/spooky-sprint*

ROVING REPORTERS... I DID IT!

Our team of **'ROVING REPORTERS'** review some of the events they've taken part in. Each reporter analyses the event and tell us if they'd do it again. They did it; maybe you will too?

KATHMANDU WEST VALLEY RIM

DISTANCE: 50km

LOCATION: Kathmandu, Nepal

ultratrailkathmandu.com



Runner Bio

Name: Gareth Pickering
Age: 32
Occupation: Currently travelling the world
Running ability: Ironman and Comrades finisher

WHY DO YOU RUN?

I am South African, and have spent the past 11 months travelling and visiting 13 countries. Participating in endurance events around the world is an amazing way to learn about different countries, their people and their cultures.

TELL US ABOUT THE EVENT

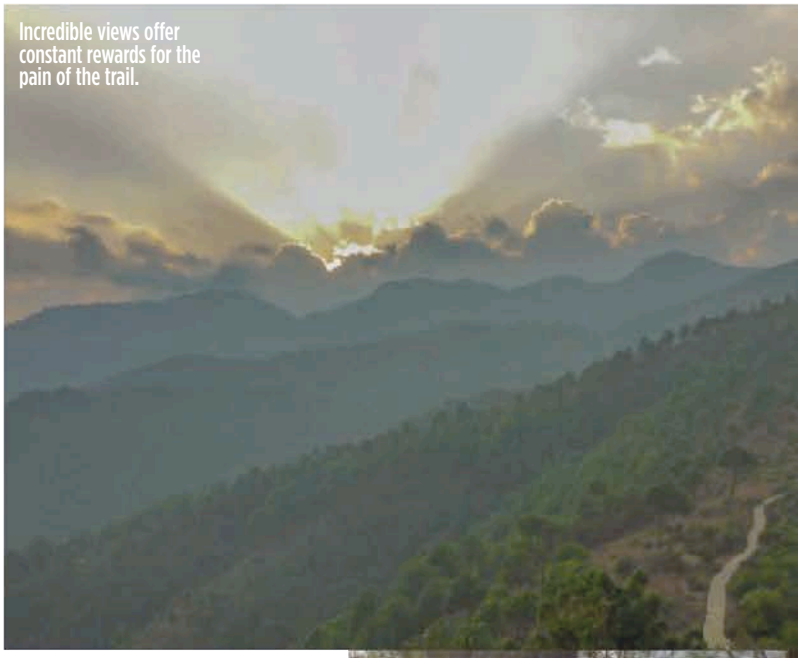
The race was just before 7am on Saturday 21 March. A small group of 48 runners gathered around getting to know one another as we prepared for the second running of the Kathmandu West Valley Rim Trail Run, held just outside Kathmandu, Nepal. I was doing the 50km race and it was my first event since the Himalayan 100 Mile Stage race back in October 2014.

With crisp weather conditions, we left the gates of the Nagarjun National Park and went straight into the first climb of the day. The initial steep climb, about 800m over 3km, gave us an idea of what was in store for the rest of the day. It was going to be a long tough race.

The next 14km descended and undulated with spectacular views of the majestic Himalaya to keep our minds off the pain. The downhill that followed was a welcome chance to catch some breath, but the sharp rocky terrain was starting to take its toll on my feet.

At the 17km mark, a wise-looking Nepalese man sat on the ground watching us pass. Something in his manner told me there was trouble ahead. I was right. The following 4km took me 1hr and 20mins to complete and during that time, I was able to reflect on how calm the Nepalese man's eyes had been, despite his knowledge of our impending suffering.

The next climb was a staggering 950m ascent with slopes over 48% in places. After many stops to admire the view and make sure I was still breathing, I reached the 2,450m summit. As I began the wide but still 'stony' descent, I began to regret wearing minimalist running shoes. My feet were in tatters.

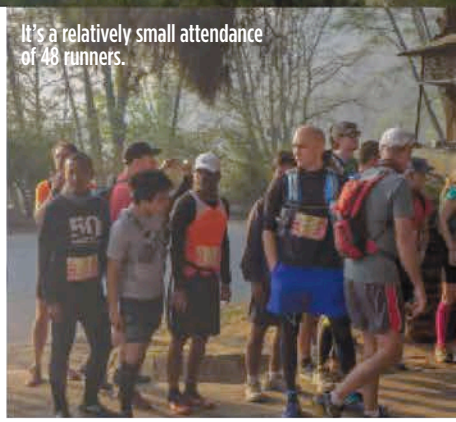


Incredible views offer constant rewards for the pain of the trail.

The next 12km wound through some peaceful local villages with friendly locals and kids staring in amazement as these strangers ran past their homes. After 37km, just as I was starting to enjoy a false sense that it was smooth sailing, the final big climb of the day started. Not as steep as the first half, but higher, climbing 600m to the highest point on the course at 2,496m.

WHAT WAS THE BEST BIT?

I finished the 50km event in around 10.5 hours, and as I sat at the finish-line sipping a beer, I thought back half an hour – I had sat down on one of the stairs a few hundred metres from the summit of the highest point on the race, suffering, and I asked myself: 'Why do I choose to put myself through this?' As I did so, I looked up and saw the sun setting over the breathtaking Himalaya, and I knew the answer to my question.



It's a relatively small attendance of 48 runners.

WOULD YOU DO IT AGAIN?

There's no doubt it's a tough race, whether you choose the 50km or the 13km distance, but the scenery, the people and the experience is indescribable. Take the time to appreciate the surroundings, the culture and the people; they are truly stunning. If you're looking for something completely different and to be totally immersed in the Nepalese culture, then the Kathmandu West Valley Trail Run could be just the race for you.

RUN FOR THE 96 5K
DISTANCE: 5K
LOCATION: Stanley Park, Anfield, North Liverpool
btrliverpool.com



Runner Bio

Name: Tina Tolmon
Age: 36
Occupation: Massage Therapist
Running ability: running since December 2014



Tina took her two lurchers along for the ride.

WHY DO YOU RUN?

I promised my nan on her deathbed I would! I took up running when my nan was dying, because I wanted to get fit so I could make the most of every moment. I used to weigh 31 stone, so I find the fact that I can run miraculous, and while I may not be fast, it feels so good to be running.

WHAT DID YOU ENJOY MOST ABOUT THIS EVENT?

I'm not going to lie, the chocolate in the goodie bag tasted so much better than any other sweets I've ever had. If I'd known that running allows you to eat more, I'd have started a long time ago! That diet quote "nothing tastes as good as being thin feels" was certainly not written by a runner, because that chocolate tasted like nothing else on earth!

WHAT WAS THE BEST BIT?

The best bit was definitely the company. 2,300 people, all wearing red or blue t-shirts (to represent their affiliation to either Liverpool FC or Everton), running, walking, wheeling, being carried, and even, in the case of Dom Williams, the man responsible for the event, hopping, for the same cause. Dom had just run 76 miles from Hillsborough to Anfield, hence he was hopping on crutches. You see, in case you haven't already guessed, Run For The 96 isn't just a 5k race, it's a commemoration of the Hillsborough disaster, which claimed the lives of 96 Liverpool fans. I'd signed up because it was on my doorstep, and it seemed like a good first race for me, as I could easily slope off home if I couldn't hack it. Once I'd promised nan I'd run it for her, as she lay dying, I knew had to see it through; it was clear that everyone on the start line had a similar determination to make someone proud. It really wasn't so much a race as a really lovely gathering with medals at the end. If you've ever been part of a match-day sing-song of "You'll Never Walk Alone" you'll have had a taste of the atmosphere.

WOULD YOU DO IT AGAIN?

In a heartbeat. People had travelled great distances to take part, and I know I would. I'm biased, as it's my local park, but the course alone was worth it – a gorgeous Victorian park sandwiched between LFC and Everton. The presence of celebrities like Sporty Spice Mel C and him-off-of-Corrie Les Dennis was a nice bonus, as was the great parking - not that I drove the fifty yards from my house – I'm not that lazy. You're also allowed to run with your dogs, so it's ideal for Cani-X fans like me – my two lurchers even got their own medals, which they thoroughly earned, because they're supremely lazy animals. All in all I can't imagine any race I do in future living up to it (although I've just signed up for my next 5k and a 10k!).



Those in red were Liverpool supporters, blue t-shirts were Everton supporters.

Lynn has set up a facebook page to fund raise for the Hospice-at-home charity that helped her grandmother in her final weeks – it's called A Bit Sketchy.

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EVENTS PREVIEWS



HARD AS SNAILS

Run 5k or 10k on the North Downs

Runners and canicross are invited to take part in the Hard As Snails run taking place in the Chantry Woods, Guildford on 27 September. Choose from 5k and 10k routes, both of which take in the chalk ridges and woodland trails of Surrey Wildlife Trust's land on the rural outskirts of Guildford.

The Hard as Snails cross country course takes in hilly woodland tracks through pine forests and open paths across the fields of the North Downs in Surrey. This event is run on a single 10k loop, with a cut back for those completing 5k. The epic course takes in the Pilgrims' Way over the North Downs in central Surrey. Runners will encounter rolling hills, lofty summits and low off-road tracks weaving through the woodland.

On the day, there will be a manned water station at 5k and complimentary post-race refreshments. The race will use chipped timing and parking is free for runners and as well as spectators. Prizes will be provided by Fitstuff, the running and fitness specialist based in Guildford.

Local athlete Tish Jones said: "I am always looking for new trails, so it was great to explore the North Downs... The marshals were all very cheery, which made the race."

New for 2015 is a 2km children's event. Junior runners aged six and over can come along and get a taste for running with a focus firmly on participation. They'll complete a short, clearly marked loop exploring the woodland trails.

Essential Info

Date: 27 September
Location: Shalford Park, Guildford
Price: £18 (10k), £13 (5k), £6 (kids' race)
hardassnails.co.uk



EALING MINI MILE

Junior version of the Ealing Half Marathon

Date:: 27 September
Location: Ealing, London
Price: £7.50

The Ealing Mini Mile, which takes place on Ealing Half Marathon race day, has become a popular event for young runners of all levels aged 6-16 who want to experience crossing the finish line of a big race.

The junior race starts at 9.15am, fifteen minutes after the half marathon, and covers a one mile route around Ealing's Lammas Park. Age categories are 6-11 and 12-16.

The Ealing Mini Mile sees entries from junior members of the local athletics clubs as well as a large number of youngsters who have never taken part in a running event before. There will be prizes for winners of the different age categories and every runner who finishes will receive their time, and medal and a t-shirt.

The fourth Ealing Half Marathon takes place on Sunday 27 September 2015. The race has also recently been voted "Best Half Marathon" at The 2015 Running Awards in association with everydayhero.

Go to ealinghalfmarathon.com for further race details and to sign up. 'Like' the Facebook page facebook.com/ealinghalf and follow @EalingHalf on Twitter.

ealinghalfmarathon.com/ealing-mini-mile-2/



IMAGES OLIVIA PARKER-SCOTT



RUN REIGATE HALF 10K

Date: 20 September
Location: Reigate, Surrey
Price: £25 (£23 affiliated club runner)

The inaugural Reigate Half Marathon in 2014 attracted more than 4,000 runners and now it's back with a new event: a 10k race. This is the perfect race for new runners who want a challenge, but don't want to run the full 13.1 miles of the Half Marathon, or for experienced runners who prefer a shorter, faster race.

The 10k will take place the same day of the Half Marathon, Sunday 20 September at 9.00am. The races will be staggered, with the 10k runners starting 15 minutes before Half Marathon runners.

The 10k is a fully closed, single-lap route that allows runners to take in a combination of picturesque country lanes and rural countryside, giving every 10k-er the same visual treats (distractions) the Half Marathoners enjoy.

The 10k has the same infrastructure as the Half Marathon, including chip-timing, en-route toilets, live music and water stations. Finishers receive a t-shirt and medal. Runners must be 15 or older.

jellyfish.co.uk/runreigate



RUNNING ANY OF THESE EVENTS?
Share your photos and stories on our facebook page or tweet us

The Black Hill 10K

New event in the Purbeck Trail Series

Following the success of The Purbeck Trail in 2014, the race series has now expanded with the addition of The Black Hill 10k in September. With the hills, off-road trails and proximity to the sea, these races are not for the faint-hearted but are ideal for those runners who want more of a challenge.

The Black Hill figure of eight route starts in Bere Regis (the 5k and 10k races start together and split at around 3k) and finishes with a romp over Black Hill. The cross-country course on well worn trails features some boggy and steep sections and is fully marshalled. All runners will receive a memento and a goody bag and there will also be free post-race tea and cake!

A spokesperson for the Purbeck Trail Series stated: "The first year of The Purbeck Trail was very successful and provided additional incentive for running hard as well as making the races even more fun. We are very pleased to be able to extend the Series with The Black Hill 10k."

Entrants for the 10km Black Hill race will automatically be entered into the Purbeck Trail Series, which comprises of five events:

Studland Fun Run 5k – 30 August 2015
The Beast 13-ish miles – 6 September 2015
The Purbeck Marathon – 20 September 2015
The Black Hill 10k – 27 September 2015
Studland Stampede 12k – 11 October 2015

All runners completing an event score points according to their position in the field. At the end of the series and when all the points have been tallied up for runners' best three events, there is a range of age categories for men and women where prizes can be won. The results will be announced and prizes allocated after the Studland Stampede has taken place.

Essential Info

Date: 27 September
Location: Purbeck, Dorset
Price: £12 (10k) £8 (5k)
blackhillrun.wix.com/blackhillrun



IMAGES EVE TROJAN/THE STUDLAND STAMPEDE

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EVENTS LOCATOR

Inspired to take part in a race? Our **EVENTS LISTING** guide has some of the best races coming up

EVENTS CHANGES!
In order to make these listings as current as possible, we now only list events taking place within the six months following the on-sale date of each issue. Events are listed via region. If you'd like to search for events further ahead, please go to www.run247.com. As always, it's advisable to check race details with organisers nearer the date.

*The editor reserves the right to edit listings, and cannot be held responsible for errors.

NORTH WEST
Type: Road
02 July 2015
KNOWSLEY HARRIERS SUMMER 4 MILER
Venue: The Environment Centre, Okell Drive, Halewood, Liverpool L26 7XB
Price: £6 attached runner, £8 unattached runner
Contact: Knowsley Harriers AC
01512 204989 hughesdx@talktalk.net
https://sites.google.com/site/halewood5kresultsservice/home/parkvend-challenge-1
Distance: 4miles

WALES
Type: Trail
02 July 2015
TINTERN TROT
Venue: Abbey Mill, Tintern NP16 6SE
Price: £8
Contact: Dave Andrews
4 Brookside NP16 6TL Chepstow Monmouthshire
01291 689973
dave@ddandrews.fsnet.co.uk
https://sites.google.com/site/chepstowharriersrunningclub/tintern-tror
Distance: 6miles

EAST MIDLANDS
Type: Road
04 July 2015
NO WALK IN THE PARK
Venue: Queen's Park Cricket Pavilion, Chesterfield S40 2ND
Price: £3/£5 On the day only
Contact: John Cannon
01246 566458
j.cannon846@btinternet.com
http://northderbyshirerc.jimdo.com/
Distance: 5km

SOUTH EAST
Type: Cross Country
04 July 2015
BRUTAL FRITH HILL
Venue: Frith Hill GU11 2HL
Price: £18
Contact: Becky Russell
info@brutalrun.co.uk
http://brutalrun.co.uk/race/frith-hill/
Distance: 10km

SOUTH EAST
Type: Multi Terrain
12 July 2015
SURREY BADGER HALF MARATHON
Venue: Denbies Wine Estate RH5 6AA
Price: £22 Non affiliated, £20 affiliated
Contact: Alan Burrows
Surrey Badger Half Marathon 74 Church Street Leatherhead Surrey KT22 8EN
07952 349226
info@eventstolive.co.uk
www.eventstolive.co.uk
Distance: 13.1miles

Professional Sportsperson (n)
A person who dedicates their life to training

Weekend Warrior (n)
A person who only trains at the weekend

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Institute of Sport Exercise and Health
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www.iseh.co.uk
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twitter: @TheISEH
170 Tottenham Court Road, London W1T 7HA

SOUTH WEST
Type: Multi Terrain
19 July 2015
THE HARRY HAWKES 10
Venue: Giggs Hill Green, Thames Ditton KT7 0BT
Price: Affiliated £23, Unaffiliated £25
Contact: Peter Wedderburn
020 8288 8575
kbc@blueyonder.co.uk
http://www.harryhawkes10.com/
Distance: 10miles

YORKSHIRE AND HUMBERSIDE
Type: Multi Terrain
19 July 2015
DALBY 'CONQUER THE FOREST' CHALLENGE 10KM
Venue: Dalby Forest, Pickering, North Yorkshire. OS Grid ref: SE855878 YO18 7LT
Price: £23.00
Contact: Brian Lee
07803 406070
info@noegochallenge.com
www.noegochallenge.com
Distance: 10km

NORTH WEST
Type: Multi Terrain
25 July 2015
TRINITY HOSPICE - COLOUR SPLASH - PAINT THE BEACH!
Venue: Starr Gate Beach FY4 1SY
Price: £18 for adults and £12 for under 16's
Contact: Rebecca Greaves
Colour Splash Trinity Hospice - Fundraising Department Low Moor Road Blackpool FY2 0BG
01253 359 363
rebecca.greaves@trinityhospice.co.uk
http://www.trinityhospice.co.uk/coloursplash/
Distance: 5km

SOUTH EAST
Type: Road
25 July 2015
BIG FUN RUN BRIGHTON
Venue: Hove Park, Brighton BN3 7AW
Price: £11.99
Contact: GSi Events
http://www.bigfunrun.com
Distance: 5km

LONDON
Type: Multi Terrain
26 July 2015
THE CAPITAL RUNNERS RICHMOND PARK 10K - RACE 5
Venue: Richmond Park SW14 8BJ
Price: £16.00 ATTACHED £18.00 UNATTACHED £20.00 ON THE DAY
Contact: Nice Work
Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
http://www.nice-work.org.uk/events.php?id=100
Distance: 10km

SOUTH WEST
Type: Trail
26 July 2015
BATH RUNNING FESTIVAL - 10KM
Venue: University of Bath
Price: £14/£16
Contact: Tom Room
6 Hampton View Bath North East Somerset BA1 6JL
tom@relishrunningraces.com
http://www.relishrunningraces.com/bath-running-festival.php
Distance: 10km

NORTH EAST
Type: Road
29 July 2015
RUN NORTHUMBERLAND WALLINGTON 10K
Venue: Wallington Hall NE61 4AR
Price: £12.50 (Club) or £14.50 (Unattached)
Contact: Richard Hunter
14c Airport Industrial Estate Newcastle upon Tyne Tyne and Wear NE3 2EF
07731 722741
info@run-nation.org
www.run-nation.org
Distance: 10km

LONDON
Type: Road
31 July 2015
BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K
Venue: The Bandstand, Hyde Park, London W2 2UH
Price: £2.00 / £4.00
Contact: Serpentine Running Club
35 Merton Road Harrow Middlesex HA2 0AA
lfotm5k@serpentine.org.uk
www.serpentine.org.uk
Distance: 5km

SCOTLAND
Type: Trail
01 August 2015
DEVIL O' THE HIGHLANDS FOOTRACE
Venue: Tyndrum
Price: £50
Contact: John Duncan
www.devilothehighlandsfootrace.co.uk
Distance: 42miles

NORTH WEST
Type: Multi Terrain
09 August 2015
HOAD HILL HALF MARATHON
Venue: Ford Park, Ulverston, Cumbria. LA12 7JP
Price: £25
Contact: Pure Outdoors Events
Online entry only
+44 7968 836549
info@pureoutdoorsevents.co.uk
www.pureoutdoorsevents.co.uk
Distance: 13.1miles

SOUTH WEST
Type: Trail
09 August 2015
SALISBURY 54321 ULTRA MARATHON(50K)
Venue: Fire Station Ashley Road Salisbury Wiltshire SP2 7TN
Price: £20
Contact:Ludo Macaulay
15 Ashley Road, Salisbury, Wiltshire SP2 7BZ
01722 332211
ludomacaulay@hotmail.com
www.salisbury54321.com
Distance: 50km

EAST MIDLANDS
Type: Road
13 August 2015
THE 4TH LEICESTER CITY SUMMER 5K SERIES
Venue: Victoria Park LE2 1ND
Price: £8.00 attached £10.00 unattached £2.00 extra on the day
Contact:Martin Burke
Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
http://www.nice-work.org.uk/events.php?id=150
Distance: 5km

IRELAND
Type: Road
15 August 2015
WALLACE24
Venue: Lisburn N. Ireland
Price: 24hr £80/24hr relay £ 180/12hr £65 /6hr £45
Contact: atlasrunning
24 Ballymacash park lisburn Antrim BT28 3EX
02844 832897
atlas@atlasrunning.co.uk
www.atlasrunning.co.uk
Distance: 4miles

SOUTH EAST
Type: Cross Country
15 August 2015
BRUTAL MINLEY
Venue: Minley Training Land GU17 9LP
Price: £18
Contact:Becky Russell
01482 720 459
info@brutalrun.co.uk
http://brutalrun.co.uk/race/minley/
Distance: 10km

SOUTH WEST
Type: Trail
16 August 2015
CHEDDAR GORGE 10KM SERIES (4 OF 4)
Venue: Cheddar Gorge BS27 3QF
Price: £14/£16
Contact:Tom Room
6 Hampton View Bath North East Somerset BA1 6JL
tom@relishrunningraces.com
http://www.relishrunningraces.com/cheddar-gorge-challenge.php
Distance: 10km

YORKSHIRE AND HUMBERSIDE
Type: Road
16 August 2015
BIG FUN RUN SHEFFIELD
Venue: Rother Valley Country Park, Sheffield S26 5PQ
Price: £11.99
Contact:GSi Events
http://www.bigfunrun.com
Distance: 5km

YORKSHIRE AND HUMBERSIDE
Type: Road
22 August 2015
BIG FUN RUN LEEDS
Venue: Roundhay Park, Leeds LS8 2HH
Price: £11.99
Contact:GSi Events
http://www.bigfunrun.com
Distance: 5km

SOUTH EAST
Type: Trail
29 August 2015
ENDUREHARDCORE - 24HR ULTRA RACE OVER 5 MILE LAPS
Venue: Pippingford Park TN22 3HW
Price: £48 (Team) £70 (Solo) £110 (Pair)
Contact:Chris Sumner
Access Self Storage Office 5 62 Portman Rd Reading Berkshire RG30 1EA
07551 006099
admin@enduredhardcore.com
www.enduredhardcore.com
Distance: 30milesInternational

EAST MIDLANDS
Type: Trail
30 August 2015
THE RING 100 ULTRA
Venue: Woodhouse Eaves Village Hall Annexe LE12 8RZ
Price: £80 (early bird)
Contact:David Chapman
07512 659660
info@wacky.events
http://www.facebook.com/thering100
Distance: 102miles

EAST MIDLANDS
Type: Road
05 September 2015
NO WALK IN THE PARK
Venue: VenueQueen's Park Cricket Pavilion, Chesterfield S40 2ND
Price: £3/£5 On the day only
Contact:John Cannon
01246 566458
j.cannon846@btinternet.com
http://northderbyshirerc.jimdo.com/
Distance: 5km

EASTERN
Type: Road
05 September 2015
GOLDEN MILE
Venue: Stowmarket
Price: £3
Contact: Tim Larke
racedirector@stowmarketstriders.org.uk
www.stowmarketstriders.org.uk
Distance: 1miles

LONDON
Type: Multi Terrain
05 September 2015
RUN RICHMOND PARK 10K RACE 7 2015
Venue: Sheen Gate, Richmond Park SW14 8BJ
Price: £17
Contact: The Fix UK Ltd
info@thefixuk.com
http://www.thefixevents.com
Distance: 10km

NORTH EAST
Type: Road
05 September 2015
RUN DURHAM 5 AND 10 MILER
Venue: Hamsterley Forest DL13 3NL
Price: £12.50 (Club) £14.50 (Unattached)
Contact: Richard Hunter
14c Airport Industrial Estate Newcastle upon Tyne Tyne and Wear NE3 2EF
07731 722741
info@run-nation.org
www.run-nation.org
Distance: 10miles

SOUTH EAST
Type: Trail
05 September 2015
SHOREHAM WOODS 10K TRAIL RUN
Venue: Shoreham Woods Shacklands Road TN14 7BD
Price: £20 Affiliated £18
Contact:Andrea magold
07426 946927
info@pbraceevents.co.uk
www.pbraceevents.co.uk
Distance: 10km

SOUTH EAST
Type: Trail
05 September 2015
THE GAUNTLET GAMES
Venue: Woodhall Park SG14 3NE
Price: £29
Contact:Gladiator Events
info@gladiatorevents.co.uk

SALISBURY 5-4-3-2-1
Trail Marathon
Also a 21k=HM, 33k & 50k Ultra
Run in Historic Wessex
Walkers welcome *earlier start times
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Walks 50k/42k/33k start 8-8:30. Walk 21k/10k/5k = 11-11:30
From Fire Station/Ashley Green Salisbury SP2 7TN
Trail Runners £20
(£18 if Club) in advance
No On-The-Day Entry for Runners – Races limited
Walkers Entry Fees = £8
+ £3 to Change Distance or Walkers On-The-Day Entry
Medal or Badge to all finishers
On-line: www.salisbury54321.com or www.salisburyfirestation.info
& the Fire Services Sports - UK web site: www.fssaa.com
Event Director: 15 Ashley Road Salisbury Wiltshire SP2 7BZ
T. 01722 332211 F. 01722 504503
ludomacaulay@hotmail.com

www.thegauntletgames.co.uk
Distance: 10km

SOUTH WEST
Type: Road
05 September 2015
MALMESBURY CARNIVAL 10K
Venue: PD Fitness, Malmesbury SN16 0AJ
Price: £13.50/£15.50
Contact:James Higgs
james@dbmax.co.uk
http://www.dbmax.co.uk/event-list/running/item/malmesbury-carnival-10k.html
Distance: 10km

WALES
Type: Mountain
05 September 2015
RAT RACE MAN VS MOUNTAIN
Venue: Caernarfon Castle LL55 2AY
Price: £145
Contact:Rat Race
Rat Race Events LTD, Unit 4, Stirling Park, Amy Johnson Way, Clifton Mor, York YO30 4WU
01904 409401
events@ratrace.com
http://www.ratracemanvsmountain.com/
Distance: 20miles International

LONDON
Type: Multi Terrain
06 September 2015
RICHMOND RUNNING FESTIVAL
Venue: Kew Gardens TW9 3AB
Price: £35
Contact:Runfest Ltd.
info@richmondrunningfestival.com
www.richmondrunningfestival.com
Distance: 13.1miles

SOUTH EAST
Type: Road
06 September 2015
FOSTERS LAW KENT COASTAL HALF MARATHON
Venue: Palm Bay, Margate, Kent CT9 3PP
Price: £25
Contact:Jon Holl, Thanet Roadrunners AC
Kent Coastal Half Marathon, 19 Favourite Road Whitstable Kent CT5 4UB
07974 355811
marathonrace@thanetRoadrunners.org.uk
http://www.thanetRoadrunners.org.uk/
Distance: 13.1miles

SOUTH EAST
Type: Road
06 September 2015
FOSTERS LAW KENT COASTAL MARATHON
Venue: Palm Bay, Margate, Kent CT9 3PP
Price: £25
Contact:Jon Holl, Thanet Roadrunners AC
Kent Coastal Marathon, 19 Favourite Road Whitstable Kent CT5 4UB
07974 355811
marathonrace@thanetRoadrunners.org.uk
http://www.thanetRoadrunners.org.uk/
Distance: 26.2miles

SOUTH WEST
Type: Road
06 September 2015
CHIPPENHAM HALF MARATHON 2015
Venue: Chippenham Sports Club SN15 1NH
Price: £20 affiliated £22 unaffiliated
Contact:Kevin Napier
contact@chippenhamhalfmarathon.co.uk
http://www.chippenhamhalfmarathon.co.uk
Distance: 13.1miles

SOUTH WEST
Type: Road
06 September 2015
GENPACT PHARMALINK MAIDENHEAD HALF MARATHON
Venue: Maidenhead Town Centre SL6 1QU
Price: £24-29
Contact:Purple Patch Running
The Annexe 13 The Coppice Booker High Wycombe Buckinghamshire HP12 4SA
01494 630759
info@purplepatchrunning.com
http://www.purplepatchrunning.com/index.php/genpact-pharmalink-maidenhead-half-marathon
Distance: 13.1miles

WEST MIDLANDS
Type: Multi Terrain
06 September 2015
CITY OF BIRMINGHAM 10K AND 5K
Venue: Sutton Park, Streetly Gate Entrance, Thornhill Road, Sutton Coldfield B74 3EW
Price: £14.00-£17.00
Contact:UK Triathlon
Unit 20, Cockshades Farm, Stock Lane Wybunbury Cheshire CW5 7HA
info@uktriathlon.co.uk
http://www.uktriathlon.co.uk/events/city-birmingham-10k-5k-fun-run/
Distance: 10km

YORKSHIRE AND HUMBERSIDE
Type: Road
06 September 2015
THOLTHORPE10K
Venue: Tholthorpe, York YO61 1SL
Price: £8 affiliated; £10 unaffiliated
Contact: Andrew Masom
Tholthorpe10k 4 The Orchard Tholthorpe York North Yorkshire YO61 1SX
01347 838306
info@tholthorpe10k.co.uk
www.tholthorpe10k.co.uk
Distance: 10km

LONDON
Type: Multi Terrain
12 September 2015
THAMES PATH CHALLENGE
Venue: Bishops Park, Fulham SW6 6EA
Price: £49 for 100km, £39 for 50km, £29 for 25km and fundraising costs
Contact: Action Challenge
0207 609 6695
info@thamespathchallenge.com
Distance: 100km

SCOTLAND
Type: Multi Terrain
12 September 2015
RAT RACE COAST TO COAST
Venue: Nairn Community Centre IV12 4BQ
Price: £265
Contact:Rat Race
Rat Race Events LTD, Unit 4, Stirling Park, Amy Johnson Way, Clifton Mor, York YO30 4WU
01904 409401
events@ratrace.com
http://www.scotlandcoasttocoast.com/
Distance: 105miles

WEST MIDLANDS
Type: Cross Country
12 September 2015
BOG COMMANDER MUD RUN AND OBSTACLE COURSE RACE
Venue: United Kingdom SK17 0RD
Price: from £40
Contact:Bog Commander Ltd
01298 83659
k.ballington@yahoo.co.uk
www.bogcommander.co.uk
Distance: 6km

WEST MIDLANDS
Type: Multi Terrain
12 September 2015
THE COTSWOLD CHALLENGE 2015
Venue: Chipping Campden, Glos
Price: £120 - £135
Contact:B Thubron
0333 012 4346
info@xnrg.co.uk
http://www.xnrg.co.uk/events/details/cotswold-way-challenge-2015.aspx
Distance: 57milesInternational

SOUTH EAST
Type: Trail
13 September 2015
FIRLE 10KM TRAIL RUN
Venue: Firle Place, Firle, East Sussex BN8 6LP
Price: £13 UKA Members - £15 Non UKA
Contact: Raw Energy Pursuits
info@rawenergypursuits.co.uk
http://www.rawenergypursuits.co.uk/events/firle-half-marathon-and-10km-Trail-run/
Distance: 10km

SOUTH EAST
Type: Trail
13 September 2015
FIRLE HALF MARATHON
Venue: Firle Place, Firle, East Sussex BN8 6LP
Price: £17 UKA Members - £19 Non UKA
Contact: Raw Energy Pursuits
info@rawenergypursuits.co.uk
http://www.rawenergypursuits.co.uk/events/firle-half-marathon-and-10km-Trail-run/
Distance: 13miles

SOUTH EAST
Type: Multi Terrain
13 September 2015
SURREY BACCHUS HALF MARATHON
Venue: Denbies Wine Estate RH5 6AA
Price: £45 Non affiliated, £43 affiliated
Contact: Alan Burrows
Bacchus Events 74 Church Street Leatherhead Surrey KT22 8EN
07952 349226
info@eventstolive.co.uk
www.eventstolive.co.uk
Distance 13.1miles

SOUTH EAST
Type: Multi Terrain
13 September 2015
SURREY BACCHUS MARATHON
Venue: Denbies Wine Estate RH5 6AA
Price: £45 Non affiliated, £43 affiliated
Contact: Alan Burrows
Bacchus Events 74 Church Street Leatherhead Surrey KT22 8EN
07952 349226
info@eventstolive.co.uk
www.eventstolive.co.uk
Distance 26.2miles

SOUTH WEST
Type: Road
13 September 2015
2015 BRISTOL HALF MARATHON
Venue: Bristol Harbourside BS1
Price: Various including club discounts
Contact: Bristol City Council
01782 396113
bristol@frsystems.co.uk
http://www.runbristol.com
Distance 13miles

SOUTH WEST
Type: Multi Terrain
13 September 2015
BREAN DOWN CHALLENGE 10/5K (EVENT 3)
Venue: Brean Down TA8 2RS
Price: £14.50 - £8.50
Contact: spire Running Events Ltd
donna@aspirerunningevents.co.uk
www.aspirerunningevents.co.uk
Distance 10km

SOUTH WEST
Type: Road
13 September 2015
NUTCOMBE NEMESIS DUATHLON
Venue: Exmoor TA24 6AY
Price: £15 single / £20 relay
Contact: Suzanne Richards
West Somerset Sports and Leisure Centre Bircham Road Alcombe Minehead TA24 6AY
srichards@1610.org.uk
http://www.1610.org.uk/activities/1610-race-series/
Distance 7km

YORKSHIRE AND HUMBERSIDE
Type: Road
13 September 2015
THE HULL MARATHON
Venue: Hull and East Yorkshire HU1 3DG
Price: £35
Contact: Wolds Events
01482 841007
phil@wolds-events.co.uk
www.thehullmarathon.co.uk
Distance 26.2milesInternational

GERMANY
Type: Road
13 September 2015
VOLVO TIERPARK-LAUF BERLIN 2015
Venue: Tierpark Berlin-Friedrichsfelde 10319
Contact: Golazo Sports GmbH
Maxdorfer Steig 7 Berlin (Germany) 10713
0049 30 24 31 99 77
info@berlin-laeuft.de
http://www.berlin-laeuft.de/VOLVO_tierparklauf-teilnehmerinformation.html
Distance 5km

SOUTH WEST
Type: Multi Terrain
15 September 2015
NEWENT 9
Venue: Newent School
Price: £20
Contact: trimaxevents
07779 405574
trimaxevent@hotmail.co.uk
www.trimaxevents.com
Distance 9km

EAST MIDLANDS
Type: Multi Terrain
19 September 2015
EQUINOX24 10K
Venue: Belvoir Castle NG32 1PE
Price: £15
Contact: Johnny Nicol
Equinox24, 4 Lawson Close Sileby Loughborough Leics LE12 7SR
info@equinox24.co.uk
www.equinox24.co.uk
Distance 10km

NORTH WEST
Type: Trail
19 September 2015
THE CUMBRIA WAY ULTRA
Venue: ord Park, Ulverston, Cumbria. LA12 7JP
Price: Solo - £75, Relay Teams of 2 - £85, Relay Teams of 5 - £100
Contact: Gaynor Prior
+44 7968 836549
info@pureoutdoorsevents.co.uk
www.pureoutdoorsevents.co.uk
Distance 73miles

SCOTLAND
Type: Road
19 September 2015
AKER SOLUTIONS CRATHES HALF MARATHON
Venue: Crathes Castle, Crathes, Banchory, Aberdeenshire AB31 5QJ
Price: £26
Contact: Neil Stewart
07768-378012
neil@runningthehighlands.com
www.nts.org.uk/Crathes_Half_Marathon
Distance 13.1miles

SOUTH EAST
Type: Cross Country
19 September 2015
NUCLEAR BLACKOUT
Venue: he Kelvedon Hatch Secret Nuclear Bunker CM15 0LA
Price: £49
Contact: Damian Williams
07824 666722
damian@nuclear-races.co.uk
www.nuclear-races.co.uk

SOUTH EAST
Type: Multi Terrain
19 September 2015
WIMBLEDON COMMON 10KM
Venue: Wimbledon Common, Richardson Evans Sports Ground, 141 Roehampton Vale SW153PQ
Contact: Mark Caswell
http://www.mccpromotions10kseries.com/wimbledon-common-10km.php
Distance 10km

WALES
Type: Road
19 September 2015
CHAPARRAL ABERSOCH HALF MARATHON
Venue: Abersoch LL53 7DS
Price:£27 - £29
Contact: Sensation Group
01758 710011
info@sensationgroup.com
www.abersochhalf.com
Distance: 13.1miles

WEST MIDLANDS
Type: Trail
19 September 2015
ROCKSOLIDRACE MILTON KEYNES|NORTHAMPTON
Venue: Silverstone Woodlands MK18 5LJ
Price:£40
Contact: Ashley Jardine
07540 387074
info@rocksolidrace.com
www.rocksolidrace.com
Distance: 5km

NORTH WEST
Type: Multi Terrain
20 September 2015
HOYLAKE 10K COASTAL RUN
Venue: Hoylake 10k CH47 3AG
Price:£10
Contact: Carla Williams
69 Fulton Avenue Newton West Kirby Merseyside CH48 6EY
0151 625 9505
hoylakewsnc@btinternet.com
www.wsnc.co.uk
Distance: 10km

SOUTH EAST
Type: Road
20 September 2015
HOVE PROM 10K
Venue: Hove Lagoon BN34LX
Contact: Fiona Jamie
fiona@fionajamie.com
www.Arena80.co.uk
Distance: 10km

SOUTH EAST
Type: Road
20 September 2015
MELKSHAM 10K
Venue: The Adventure Centre, Melksham SN12 7ED
Price:£12/£14
Contact: Stampede Sports
stampedesports@yahoo.co.uk
www.stampedesports.co.uk
Distance: 10km

SOUTH WEST
Type: Road
20 September 2015
BATH TWO TUNNELS 10KM SERIES (DATE 4 OF 4)
Venue: Brickfields Park BA2 1BJ
Price:£14/£16
Contact: Tom Room
6 Hampton View Bath North East Somerset BA1 6JL
tom@relishrunningraces.com
http://www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php
Distance: 10km

SOUTH WEST
Type: Road
20 September 2015
BATH TWO TUNNELS HALF MARATHON (DATE 2 OF 4)
Venue: Brickfields Park BA2 1BJ
Price:£26/£28
Contact: Tom Room
6 Hampton View Bath North East Somerset BA1 6JL
tom@relishrunningraces.com
http://www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php
Distance: 21.1km

SOUTH WEST
Type: Road
20 September 2015
BATH TWO TUNNELS MARATHON
Venue: Brickfields Park BA2 1BJ
Price:£38/£40
Contact: Tom Room



6 Hampton View Bath North East Somerset BA1 6JL
tom@relishrunningraces.com
www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php
Distance: 42.2miles

SOUTH WEST
Type: Road
20 September 2015
COTLEIGH CANTERS
Venue: Cotleigh Village Hall, Honiton
Contact: http://www.honitonrc.com/cotleigh-canters-sept.html
Distance: 10km

SOUTH WEST
Type: Multi Terrain
20 September 2015
THE DEVIL RUN
Venue: Devil's Punchbowl Cafe The Devil's Punchbowl London Road Hindhead GU26 6AB
Price:15K Run(£ 15.00), 10K Run(£ 14.00) 5K Run(£ 10.00) Visit website for group discount!
Contact: James
16 Mallard Close Ash Surrey GU12 6RG
07939 873202
info@3counties10k.co.uk
http://3counties10k.co.uk/
Distance: 15km

SOUTH WEST
Type: Multi Terrain
20 September 2015
THE PURBECK MARATHON
Venue: Swanage BH19
Price:£39
Contact: The Purbeck Marathon Ltd
info@thepurbeckmarathon.co.uk
http://www.thepurbeckmarathon.co.uk
Distance: 27miles

SOUTH WEST
Type: Multi Terrain
20 September 2015
TRURO HALF MARATHON 2015
Venue: Lemon Quay, Truro TR1 2LW
Price:£15 (UKA affiliated) and £17 (unaffiliated)
Contact: Truro Running Club
Truro Half Marathon (FAO: Miss A Johnston) 4 Tregullan Illogan Redruth Cornwall TR16 4DG
01209 843353
THM@trurorunningclub.org.uk
http://trurorunningclub.org.uk/index.php/trc-events/truro-half-marathon/
Distance: 13.1miles

WEST MIDLANDS
Type: Road
20 September 2015
STOKE 10K 2015
Venue: Hanley Park, Stoke on Trent
Price:£14
Contact: In the running
Info@intherunning.net
www.intherunning.net
Distance: 10km

WEST MIDLANDS
Type: Multi Terrain
20 September 2015
WASELEY WOBBLER
Venue: Waseley Hills High School B45 9EL
Price:£9 attached, £11 unattached +£3 on the day
Contact: Robert Mole
Mel Hepke 97A Plymouth Road entrance/letterbox on the left Redditch Worcestershire B97 4PH
07798 858524
rob.a.mole@networkrail.co.uk
Distance: 8.5miles

WEST MIDLANDS
Type: Road
20 September 2015
WORCESTER CITY 10K
Venue: Worcester WR1 3EJ
Price:£23-25
Contact: Events of the North
Events of the North Kiln Rigg Wall Hexham Northumberland NE46 4EQ
01434 689 040
info@worcestercityrun.com
www.worcestercityrun.com
Distance: 10km

SOUTH WEST
Type: Trail
21 September 2015
ROCKSOLIDRACE ESCOT PARK|DEVON 5/10/15KM
Venue: Escot Park EX11 1LU
Price: £31
Contact: Ashley Jardine
info@rocksolidrace.com
http://www.rocksolidrace.com
Distance:

LONDON
Type: Multi Terrain
23 September 2015
THE CITY V WHARF 5K RUN CHALLENGE 2015
Venue: Victoria Park E3
Price: £16
Contact: The Fix Events
The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
http://www.cityvwharf.com/
Distance: 5km

LONDON
Type: Road
25 September 2015
BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K
Venue: The Bandstand, Hyde Park, London W2 2UH
Price: e£2.00 / £4.00
Contact: Serpentine Running Club
020 8422 3900
lfotm5k@serpentine.org.uk
www.serpentine.org.uk
Distance: 5km

SOUTH EAST
Type: Trail
26 September 2015
FIRLE 5KM FUN RUN
Venue: Firle Place, Firle, East Sussex BN8 6LP
Price: £8 UKA Members - £10 Non UKA
Contact: Raw Energy Pursuits
info@rawenergypursuits.co.uk
http://www.rawenergypursuits.co.uk/events/firle-half-marathon-and-10km-Trail-run/
Distance: 5km

SOUTH EAST
Type: Road
26 September 2015
RUNNING4WOMEN WINDSOR 10K
Venue: Windsor Great Park, Windsor, Berkshire
Price: £16.50 - £18.50
Contact: Running4Women Ltd
joanne@running4women.com
www.running4women.com
Distance: 10km

LONDON
Type: Road
27 September 2015
EALING HALF MARATHON
Venue: Lammas Park W13 9NJ
Price: £34-£36
Contact: Ealing Half Marathon CIC
info@ealinghalfmarathon.com
www.ealinghalfmarathon.com
Distance: 3.1miles

LONDON
Type: Road
27 September 2015
MOOR PARK 1K AND JUNIOR FUN RUNS
Venue: Merchant Taylors' School HA6 2HT
Price: £15
Contact: John Hambleton
Moor Park 10k, Lynda Jackson Macmillan Centre, Mount Vernon Hospital, Rickmansworth Road, Northwood Middx
07812 6364008
jandh.hambleton@ntlworld.com
www.moorpark10k.org.uk
Distance: 10km

NORTH WEST
Type: Road
27 September 2015
NATTERJACK SEASIDE 10K
Venue: Princes Park, Southport
Price: Affiliated £17.00 - Unaffiliated £19.00
Contact: Darrell Soden
159 Eastbank Street Southport Merseyside PR8 1EE
info@simplyenter.co.uk
http://www.natterjackseaside10k.com/info
Distance: 10km

SCOTLAND
Type: Road
27 September 2015
BAXTERS LOCH NESS MARATHON AND FESTIVAL OF RUNNING
Venue: Bught Park IV3 5SQ
Price: £49
Contact: Loch Ness Marathon
PO Box 26 Muir of Ord IV6 7WZ
0844 875 1411
info@lochnessmarathon.com
http://www.lochnessmarathon.com/
Distance: 26.2miles

SOUTH EAST
Type: Multi Terrain
27 September 2015
BISHOPS PARK (FULHAM) 10KM
Venue: Bishops Park, Bishops Avenue, Fulham, London SW66EA
Price: £13
Contact: Mark Caswell
mark.caswell1@btinternet.com
http://www.mccpromotions10kseries.com/bishops-park-fulham-10km.php
Distance: 10km

SOUTH EAST
Type: Trail
27 September 2015
GROOMBRIDGE PLACE HIGH WEALD CHALLENGE 50KM ULTRA TRAIL
Venue: Groombridge TN3 9QG
Price: £39
Contact: Stuart Mills
+44 1825 840653
info@Trailrunningsussex.co.uk
http://www.Trailrunningsussex.co.uk/Trailraceshwc.html
Distance: 50km

SOUTH EAST
Type: Cross Country
27 September 2015
HARD AS SNAILS RUN
Venue: Shalford Park GU4 8AA
Price: £6-£18
Contact: Becky Russell
becky@aat-events.com
www.hardassnails.co.uk
Distance: 10km

SOUTH EAST
Type: Multi Terrain
27 September 2015
MONSTER HALF MARATHON SPONSORED BY REVITAFLEX
Venue: Palace Green, Ely Cathedral CB7 4DL
Price: £25
Contact: Monster Racing
07546 465460
team@monsterracing.net
www.monsterracing.net/halfmarathon2015.html
Distance: 21.1km

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JOHN BREWER

FINAL THOUGHTS

Taking responsibility for mistakes and **LEARNING FROM EXPERIENCE** is important for improvement



Everything you do, you are accountable for. Accepting this idea will help you progress as an athlete.

It is always hard when things don't quite to go plan, whether at work, at home, or when running. When this inevitably happens, it is all too easy to look for an excuse, and instinctively we usually want to blame something, or someone. In my experience, runners can be quite good at off-loading the blame for a poor performance – bad course, bad weather, too much training, not enough training – we have all been there scrolling through the excuses catalogue. On the face of it, we make excuses in the hope that others will think better of us, or understand the reason why things went wrong. But the reality is that the excuse is usually for yourself and your own peace of mind, so that you can look back on the result or run with a reason to justify why things weren't quite right.

But as with many things in life, if we are to learn from a bad run, and then to progress, taking personal responsibility for what went wrong is essential and should help to go some way towards preventing a re-occurrence. Learning from our mistakes is essential for personal improvement, but this can only happen after accepting responsibility for the problem.

DOPING DEBACLE

This is never more true than in the murky world of doping in sport, where it is rare to find an athlete that has been caught who quickly and openly admits to taking the substance that resulted in their adverse doping test. However the World Anti-Doping Code makes it very clear that the policy of 'strict liability' means that all athletes must take responsibility for what goes into their bodies, whether from a foodstuff, drink, medicine or injection. If an athlete needs to take medication for an illness, which may contain a substance on the World Anti-Doping Agency's banned list, they can only do so if they obtain – in advance – a 'TUE', or Therapeutic Usage Exemption form, showing that it has been taken for medicinal purposes only. Any banned substance found in an athlete's body which is not covered by a TUE is likely to result in a lengthy ban, unless the athlete can clearly show that every possible precaution was taken.

Alternatively, an athlete who claims that a product was only taken because "my coach told me to" will get little sympathy from the anti-doping authorities, unless there is unequivocal evidence that checks and precautions were taken before consuming the product. In some cases, coaches and support staff may not have the best long term interests of the athlete at heart – simply getting them into a condition where they can make large sums of money quickly may be more of a priority.

Rarely does anyone make a mistake deliberately, so taking responsibility for what went wrong – whether it was too many beers on the night before a big race, or failing to check whether a batch of energy bars had been pre-screened for banned substances, must rest with the individual. Blaming others or blaming a particular situation is easy, but not effective in changing personal behaviour which is essential if we are to improve and progress as athletes and people. RF

John Brewer is a Professor of Applied Sport Science at St Mary's University, Twickenham. He was previously director of communications for Lucozade Sport and before that director of the Lilleshall Sports Injury and Human Performance Centre **Follow John on Twitter *@sportprofbrewer***

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